

*Louisiana's
Fabulous Foods*
AND HOW TO COOK THEM

Original Recipes

OF MANY LOUISIANA HOSTESSES AND
FAMOUS NEW ORLEANS' RESTAURANTS

• ANTOINE'S • ARNAUD'S • BRENNAN'S
• GALATOIRE'S • KAMBUR & CO. Wholesale Seafood
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With Historical Sketches

LOUISIANA'S FABULOUS FOODS

and how to cook them

By

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JACKSON SQUARE, New Orleans—The Place d'Armes (now known as Jackson Square) had its beginning shortly after New Orleans was founded in 1718 by Bienville.

LOUISIANA COOKERY (often referred to as Creole Cooking), is famous throughout the United States, and is known for its distinctiveness in many parts of the world. Its fame did not come as a mere accident, but was earned as a result of painstaking care and experimenting over a period of many decades.

In the beginning, gentlemen of high rank who came to Louisiana from France demanded the excellent cooking to which they were accustomed. The inhabitants, eager to please, made a great effort to provide it—sometimes gave them something different and better than they had ever tasted.

The inhabitants were, of course, French themselves, and knew what a Frenchman liked and how he liked it cooked, but they knew also something of the cooking methods of other nations whose people had migrated to the colony. In addition, they had learned something from the American Indians, who knew how to cook fish, wild game and corn dishes especially, and taught them the use of filé in their gumbos.

Later, when Spain took possession of Louisiana (1769), her imperious officers, wishing to live in great splendor, after the Spanish fashion, brought their cooks with them. In their opinion a Frenchman could not cook to suit a Spaniard. But they were invited to dinners in the homes of New Orleans, and despite their prejudice, they enjoyed the meals; in fact, they instructed their cooks to learn something of Creole cooking.

In the course of time the French and Spanish (very antagonistic to one another at first) began to mingle, even to marry one another. Thus the best of the French and the Spanish traditional cooking customs were combined and improved upon.

The Creoles of Louisiana learned a little from the French, Spanish, and Indians, and by a skillful blending and the use of native foods and high seasoning created Creole cooking.

There was also the Italian influence upon Louisiana or Creole cooking which helped to give it flavor. The Italians made excellent sauces and improved the gravy for meat and fish dishes. But it seems that the Italians, believing in their own style of cooking, refused to be influenced by the French and Spanish.



Typical Plantation Home
San Francisco at Reserve, La.

LOUISIANA SUGAR CANE MOLASSES

Syrup and Sugar

What Is Molasses?

Molasses is that portion of the sugar cane juice resulting from the extraction of some of the sugar (or sucrose). It is, in substance, the cane juice which has been concentrated by boiling, and with a portion of the sugar removed. Its vitamin and mineral contents are about sixty times greater than they are in the same quantity of cane juice itself. The more sugar extracted the more highly concentrated becomes the mineral and vitamin content of the molasses.

Molasses is not a residue from the manufacture of sugar, but it is a part of the product itself, and it happens to be the part which contains all the minerals and vitamins.

Sugar cane juice contains a large percentage of sugar which may not be profitably extracted. All molasses, therefore, contains a good portion of sugar originally found in the cane juice.

There are four grades or types of molasses. The grade or type is designated by the percentage of sugar taken out of it.

First Molasses is cane juice boiled down and a portion of the crystallizable sugar removed from it.

Second Molasses is *First Molasses* diluted with cane juice and reworked for a second extraction of sugar.

Third Molasses is *Second Molasses* diluted with water and reworked for the extraction of additional sugar.

Fourth Molasses (sometimes known as blackstrap) is that from which all the sugar which can profitably be extracted has been taken out. Nevertheless, this molasses or blackstrap still contains a good portion of the total sugars in the cane juice, and for being more concentrated it is richer still in vitamins and minerals.

MOLASSES IS A NECESSARY ADDITION TO THE DIET

Molasses is not recommended as a balanced diet, but it would take a long time for a person to starve to death who ate it exclusively, for it contains, in addition to a very good supply of iron, calcium, and carbohydrates, a trace of protein, fat, and amino acids. There are rare cases of men in the tropics, where sugar cane is grown abundantly, living for years on raw sugar alone, laden, of course, with molasses.

Hot cakes and molasses is a great dish of the South. Some have it every morning for breakfast. The children simply drown the hot cakes in molasses. This may or may not be the reason that Southerners have better teeth generally than the people of the Northern states. It was reported by the Army and by the Navy that the soldiers of the South had the best teeth. No claim is made that molasses is the "reason," but we know that calcium builds bone structure.

The history of the discovery and development of cane sugar in the following pages of this book shows that in early times the people of the world used sugar, laden with molasses, chiefly as a medicine and a health builder. When sugar is mentioned in this account of the early discoveries of the processes for granulating sugar, it should be considered as molasses, for in early times the molasses was not extracted from the sugar, and, therefore, the so-called sugar contained all the valuable minerals now contained only in the molasses.

MOLASSES IS THE ONLY BY-PRODUCT EQUAL IN PALATABILITY TO THE PRODUCT ITSELF

The American people eat mainly the foods which are robbed of their natural minerals in the process of being prepared for sale. People demand perfectly refined white sugar (100 per cent sucrose) with all the molasses taken out of it. Sugar, before it is refined, is laden with minerals, which are, of course, in the molasses.

WHY IRON IN THE DIET IS NECESSARY

The latest scientific research has shown that a certain amount of iron in the blood is needed to keep a person in good health. The total amount in the body is small. It is less than 1/10th of an ounce, but it is very essential. The blood contains more than 70 per cent of the iron in the body, and is found in the hemoglobin or red corpuscles. The iron is necessary in helping to carry the oxygen. It is an essential element of the hemoglobin, and a depletion of the required amount of iron soon results in the lessening of the hemoglobin. When the hemoglobin (or red blood) is diminished anemia results. There are, of course, several forms of anemia, but, from a nutritional standpoint, a deficiency of iron is usually the underlying cause.

Nutritional anemia is prevalent throughout the United States, and yet this country boasts that its standard of living is high. It is true that the people of the United States have as a rule all that they want to eat, but they do not always eat the right foods. As a matter of fact, nutritional anemia is so prevalent in this country that it has led to an investigation of the value of molasses as a source of iron to prevent or cure the disease.

In September of 1939 The American Journal of Digestive Diseases reprinted Publication No. 157 from the Biological Research Laboratory of the Massachusetts Institute of Technology at Cambridge. This was a report of a study made by Robert S. Harris, Ph.D., L. Malcolm Mosher, S.B., and John W. M. Bunker, Ph.D., all of Cambridge, entitled "The Nutritional Availability of Iron in Molasses."

In their report, the authors point out how widespread is anemia in children, especially young children. They state that "numerous clinical tests show that the incidence (of nutritional anemia in children) may be as high as 70 per cent in a population group and that the blood of less than 10 per cent of the individuals in this group is 'normal!'"

There is no doubt that colds, sore throat, and even pneumonia result from this "low-resistance" condition. The authors

of the paper state that Mackay has shown that these diseases can be cut in half by administering iron to anemic infants. They say also that similar results can be obtained with foods containing significant quantities of available iron.

This investigation showed also that nutritional anemia is not confined to the young. "In one typical investigation 3,500 persons were studied. It was found that 41 per cent of the infants, 32 per cent of the preschool children, 2 per cent of the school children, 16 per cent of adolescent women, and 45 per cent of adult women were definitely anemic. The blood of relatively few was definitely normal.

"Nutritional anemia is to be found in all age groups and in all portions of the population. Severe cases are not uncommon and the number of individuals with subclinical hypochromic anemia is much larger than ordinarily supposed. This condition can be prevented by the ingestion of foods containing an abundance of readily available iron."

Having shown the prevalence of anemia, both among children and grown people and the necessity of a diet that includes iron, the authors then make this direct statement: "Molasses is one of the cheapest foods and is unusually rich in calcium and iron." They then proceed in their report to show how they arrive at the conclusion that molasses is one of the best foods obtainable when it is desired to increase the proportion of iron in the diet.

Two tests were conducted. In the first the molasses was tested by the chemical method in which, in technical language, "an assumption is made that only the iron which under certain conditions reacts with Hill's alpha-alpha dipyridyl reagent is nutritionally available."

The second test used was the biological method in which "white rats are made anemic on a low iron diet and the hemoglobin response of a concurrent group of rats to the same amount of iron fed as ferric chloride or ferrous, compounds in which the iron is readily available."

Three samples were taken of Louisiana commercial molasses. This was the molasses that remains after the first, second, and third extracting of sugar. It is known as *first molasses*, *second molasses*, and *third molasses*.

To determine the proportion of iron in the molasses a chemical test was made, showing the following:

Summary of Chemical Estimations

Sample	Milligrams Iron/100 grams		
	Total	"Available"	"Availability"
A	3.2 \pm 0.2	3.1 \pm 0.1	97%
B	6.0 \pm 0.5	5.1 \pm 0.2	85%
C	11.3 \pm 0.6	6.1 \pm 0.3	54%

In the biological test a number of albino rats were used. They were transferred from a stock diet to an anemia-producing diet. The test period extended over a period of 35 days. Hemoglobin tests were made each week. It is not necessary to give here the tables showing the results of the effects of the iron in the molasses and the availability of that iron. The authors state that "Although the iron in the high grade molasses is more available than that in a lower grade of molasses, the higher grade is not as rich in total available iron. For example, 100 grams of Molasses "A" furnished slightly more than 3.1 milligrams of "available" iron, whereas the same quantity of molasses "B" contained approximately 5.1 milligrams of "available" iron.

"It is not correct to base one's judgment of a food on its total iron content since iron availability varies with the kind of food. This is demonstrated in Table IV where the total and available iron content of important iron-rich foods is presented. The values for total iron were taken from Sherman and the availability of the iron from two sources. At the top of the table we have listed the data on the three molasses which are the subject of this publication. We have assigned an availability of 85 per cent, in accordance with our finding on molasses B, to the molasses in Sherman's table because the total iron content is relatively the same and Molasses B is the type commonly used in the home.

"It is apparent from this table that of the foods reputed to be excellent sources of iron, ONLY LIVER COMPARES FAVORABLY WITH MOLASSES. Whipple and Robschait-Robbins have listed chicken and beef liver, chicken gizzard, beef kidney, eggs, apricots and raisins as especially valuable in the cure of anemia. It appears, however, that MOLASSES IS SUPERIOR TO ALL OF THESE FOODS IN THIS RESPECT:

	Total Iron* Milligrams per 100 grams	Per Cent Availability	Available Iron Milligrams per 100 grams
Molasses "C"	11.3	54	6.1
Molasses "B"	6.0	85	5.1
Molasses "A"	3.2	97	3.1
Molasses	7.3	85	6.2
Beef Liver	8.2	70	5.6
Oatmeal	4.8	96	4.6
Apricots (dry)	4.1	98	4.0
Eggs	3.1	100	3.1
Wheat	5.0	47	2.4
Raisins (Muscat)	3.0	62	1.9
Parsley	3.2	50	1.6
Beef muscle	3.0	50	1.5
Oysters	5.8	22	1.3
Cabbage	1.8	72	1.3
Mutton	5.1	24	1.2
Lettuce	1.5	63	0.9
Spinach	2.6	20	0.5

Summary

"1. The availability of the iron of the three grades of molasses ("first," "second," and "third") has been determined by chemical (dipyridyl) and biological procedures.

"2. By the chemical procedure the "availability" was found to be 97 per cent, 85 per cent and 54 per cent, respectively.

"3. By the biological (rat) method the availability was slightly over 90 per cent, and 50 per cent, respectively.

"4. The dipyridyl procedure is acceptable for the determination of the availability of iron in molasses.

"5. Molasses is a rich and inexpensive source of the available iron."

It is evident that good, old-fashioned Louisiana Molasses is the best food for supplying iron to the body. Spinach contains about one-third the iron that is found in molasses, but it is only 20 per cent available. The available iron in molasses is more than twelve times the amount one gets in an equal amount of spinach.

*Total iron values have been taken from Sherman's "Chemistry of Food and Nutrition." 1937.

Per cent availability values have been taken from Sherman, Elvehjem and Hart (9), Shackleton and McCance (3), or from "The Nutritional Availability of Iron in Molasses" by Messrs. Robert S. Harris, Ph.D., L. Malcolm Mosher, S.B. and John W. M. Bunker, Ph.D.

Recipes FOR COOKING IN MOLASSES...

Table grade molasses contains about 60 per cent sugar, and can be used very economically for sweetening foods in cooking or even in serving. It can be used on cereal, baked apples, stewed fruit, peanut butter, baked ham or bread and butter.

Molasses in cooking or serving supplies the iron which is found in lean meat and liver. The following recipes are given to show the many ways in which molasses can be used to add iron, calcium and other minerals to the diet.

Mississippi Stage Plank

(Or New Orleans Ginger Bread)

2 cups molasses	1 teaspoon ground ginger
½ cup sugar	1 teaspoon salt
1 cup Oleo or Crisco	½ cup boiling water
3 teaspoons ground cinnamon	
1 teaspoon ground cloves	2 teaspoons baking powder

Mix ingredients listed above, then sift and mix with as much flour as you require to make a dough that can be moulded by the hands into flat "stage planks," about six inches long and three inches wide, and about half an inch thick. Set on greased pans two inches apart, so when they spread they will not touch one another. Bake in slow oven and look at them every few minutes, as anything that contains molasses is apt to burn quickly. These will keep a week if kept in a tin box.

Soft Ginger Cake

5 eggs	1 cup milk
1 cup molasses	3½ cups sifted flour
1 cup butter or Oleo	1 teaspoon each of ginger, cinnamon, cloves, salt
1 cup sugar	
2 teaspoons baking powder	

Beat eggs, sugar, butter until light; beat white of eggs separately and mix in last, after adding other ingredients. Add baking powder. Bake in large square tin pan in moderate oven, and cut in large squares and serve hot.

Molasses Waffles

½ cup molasses	2 egg whites
2 cups flour	2 egg yolks
3 teaspoons baking powder	1¼ cups milk
½ teaspoon salt	6 tablespoons melted shortening or salad oil

Sift together flour, baking powder, salt and molasses. Beat

egg yolks; add milk. Combine with dry ingredients, and mix well. Add shortening. Beat egg whites. Fold in. Put in waffle iron.

Molasses Popcorn Balls

½ cup molasses	1 ¼ tablespoons butter
½ cup sugar	¼ teaspoon salt
¼ teaspoon vinegar	6 cups popcorn (popped)
¼ cup water	

Combine molasses, water, vinegar, sugar, and salt. Cook slowly without stirring until small quantity dropped in water forms threads. Remove from heat. Add butter, and stir only enough to mix. Pour over popcorn, stirring constantly. Shape into balls—and be quick about it.

Molasses is inclined to cling to the cup or spoon of whatever you use to measure it. It will flow easily and will not cling if you grease the measure slightly or rinse it in cold water.

Crispy Molasses Cookies

1 cup Molasses	1 tablespoon ginger
½ cup melted shortening	1 teaspoon cinnamon
3 cups sifted flour	¼ teaspoon cloves
½ teaspoon soda	¾ teaspoon salt

Mix molasses and shortening thoroughly. Add sifted dry ingredients. Chill several hours or overnight. Roll thin on floured board; cut in fancy shapes and bake on cookie sheets in moderate oven, 350° F., about 8 minutes. Decorate some cookies with colored sugar before baking, or decorate with icing after baking.

For Refrigerator Cookies: Form dough into rolls before chilling overnight. Slice thinly with sharp knife, instead of rolling, before baking. Add 1 cup chopped nuts, if desired. Spices may be reduced if nuts are added.

For Children's Whole Wheat Molasses Cookies: Omit spices and use 3 ½ cups unsifted whole wheat flour instead of 3 cups sifted white flour; stir dry ingredients together instead of sifting.

Applesauce Ginger Cup Cakes

½ cup shortening	½ teaspoon salt
½ cup sugar	1 teaspoon ginger
½ cup Molasses	1 teaspoon cinnamon
1 ¾ cups sifted flour	1 egg
1 teaspoon baking powder	¾ cup applesauce
½ teaspoon soda	

Cream shortening and sugar; beat in molasses. Add ⅓

cup of sifted dry ingredients. Add egg; beat well. Add remaining sifted dry ingredients alternately with applesauce. Bake in greased and floured large muffin tins in moderate oven, 350° F., about 25 minutes. Makes 12 cup cakes. To serve, split cup cakes, fill with cream cheese softened with cream and put halves together. Serve with *Molasses Sherry Sauce* and garnish with whipped cream.

Steamed Boston Brown Bread

1 cup whole wheat flour	¾ cup Molasses
⅔ cup corn meal	2 teaspoons soda
1 ½ cups sifted white flour	2 cups buttermilk
2 teaspoons salt	1 ¼ cups raisins

Mix all ingredients together long enough to moisten all dry ingredients. Put into 3 greased No. 2 cans or pint molds. Cover with 2 thicknesses of wax paper and tie. Place on rack in kettle with 2 inches of water. Cover and steam 2 hours.

Butter Molasses Sauce

¾ cup Molasses	¾ cup undiluted evaporated milk
½ cup butter	

Bring molasses and butter to a boil. Remove from heat. Slowly stir in milk. Serve warm.

Molasses Loaf Cake

¼ cup sugar	¾ teaspoon salt
⅝ cup vegetable shortening or butter	¾ teaspoon soda
⅝ cup Molasses	¼ teaspoon baking powder
2 cups sifted flour	2 eggs, beaten
	½ cup milk

Cream sugar and shortening together until light and fluffy; add molasses slowly, beating well. Add ½ cup of sifted dry ingredients; mix well. Add beaten eggs. Add remaining sifted dry ingredients alternately with milk. Bake in greased and floured 9 x 5 x 3-inch loaf pan in moderate oven, 325° F., about 1 hour and 10 minutes.

Molasses Layer Cake

½ cup vegetable shortening or butter	½ teaspoon baking powder
½ cup sugar	¾ teaspoon salt
½ cup Molasses	½ teaspoon nutmeg
2 cups sifted cake flour	2 eggs, separated
½ teaspoon soda	¾ cup milk

Cream shortening; add sugar gradually, beating until light and fluffy. Add molasses; beat well. Add ½ cup of sifted dry

ingredients, then add egg yolks; beat well. Add remaining sifted dry ingredients alternately with milk. Fold in stiffly beaten egg whites. Bake in two greased and floured 8-inch layer pans in moderate oven, 375° F., about 35 minutes. Cake may be baked in one 8 x 8 x 2-inch square pan in 350° F. oven about 45 minutes. Add 1/2 teaspoon lemon or vanilla extract, if desired.

Molasses Cream Pie

1 envelope plain gelatin	3 eggs, separated
2 1/2 cups milk	1 baked 9-inch pie shell
1/4 cup flour	6 tablespoons sugar
1/8 teaspoon salt	1/4 cup shredded coconut
3/4 cup Molasses	

Soak gelatin in 1/4 cup milk. Scald remaining 2 1/4 cups milk in top of double boiler over boiling water. Beat together flour, salt and molasses; add to scalded milk and cook until slightly thickened, about 10 minutes. Beat egg yolks; add a little of hot mixture, pour into double boiler, and cook, stirring constantly, until thickened, about 3 minutes. Add softened gelatin and stir until dissolved. Chill until mixture begins to set. Pour into cold baked pastry shell and top with meringue made by beating salted egg whites until stiff but not dry, beating in sugar 1 tablespoon at a time; flavor meringue with vanilla or lemon extract, if desired. Sprinkle meringue-topped pie with coconut. Bake in moderate oven, 375° F., about 10 minutes until browned. Chill thoroughly before serving. Serves 6-8.

Louisiana Rice Pudding

4 cups milk	1/2 teaspoon cinnamon
1/2 cup Molasses	1/2 teaspoon salt
1/2 cup washed rice	1/2 cup raisins

Mix well. Bake in slow oven (275° to 300° F.) 2 1/2 hours, stirring four times (every fifteen minutes for first hour) and add one tablespoon butter in fourth stirring. Serves six.

Plum Pudding

Hostesses in Dinwiddie County, Virginia, have used this recipe for plum pudding since the days when the faithful slave butler bore it to the festive table, aflame with brandy which had

been poured over it and lighted. The recipe has been handed down through several generations.

1/2 cup fruit juice with wine or brandy flavoring added	1 pound seedless raisins
2 1/2 cups fine dry bread crumbs	1 pound currants
2 teaspoons soda	1/4 cup nutmeats (mixed)
1 teaspoon cloves	2 1/2 cups flour
1 teaspoon allspice	4 eggs
1 teaspoon nutmeg	2 cups Molasses
1 teaspoon cinnamon	2 cups buttermilk
2 teaspoons salt	1 1/2 cups finely chopped or ground suet

Prepare fruit and nutmeats and dredge with 1 cup of the flour. Beat eggs until light and fluffy, add molasses, then buttermilk, suet and flavored fruit juice. Stir in bread crumbs, then remaining flour, which has been sifted with soda, spices and salt. Add dredged fruits and nutmeats and mix. Pour into two greased 3 pound molds, cover and steam for 3 hours. Cool puddings, wrap in heavy wax paper and store. The puddings keep for weeks in a cool place. Re-steam and serve hot with your favorite hard sauce.

Molasses Bread Pudding

10 slices stale bread, cubed	2 tablespoons sugar
2 eggs	1/4 teaspoon salt
3 tablespoons Molasses	2 cups milk, scalded
	2 tablespoons butter, melted

Arrange bread cubes in a well-greased baking dish. Beat eggs, molasses, sugar and salt together. Add milk and butter. Pour over bread cubes. Place in pan of hot water and bake in moderate oven (350° F.) one hour or until firm. Top with whipped cream. Serves six.

Boston Brown Bread

1 cup bread flour	1 cup whole wheat flour
2 teaspoons soda	3/4 cup Molasses
1 teaspoon salt	2 cups sour milk or buttermilk
1 cup corn meal	1 cup raisins or nuts (if desired)

Sift flour, soda and salt. Mix with corn meal and whole wheat flour. Mix molasses with sour milk; add dry ingredients. Beat well. If desired, add raisins or nuts. Steam 2 hours in greased molds filled two-thirds full and covered tightly.

Molasses Doughnuts

1 egg	1 teaspoon salt
1/2 cup sugar	3/4 teaspoon soda
1 cup Molasses	5 teaspoons baking powder
1/2 cup sour milk or buttermilk	1 teaspoon ginger
2 tablespoons melted butter	1 teaspoon cinnamon
5 cups sifted flour	1 teaspoon nutmeg

Beat egg and add sugar gradually, beating well after each addition. Add molasses, sour milk and butter. Add sifted dry ingredients; mix well. Roll out a small amount of dough at a time to $\frac{1}{4}$ inch thickness on floured board. Cut with 3-inch doughnut cutter. Fry in deep fat at 370° F. until golden brown, turning only once. Makes 3 dozen.

New Orleans Pralines

1 cup brown sugar	2 tablespoons butter
$\frac{1}{2}$ cup Molasses	$\frac{1}{2}$ teaspoon vanilla
1 cup cream	2 cups pecan nutmeats

Boil the first four ingredients, stirring constantly, to 238° F. or until when tried in cold water a soft ball is formed. Add vanilla, pour over the nuts and stir until it begins to sugar. Drop from tip of spoon in small piles on buttered pans.

Pecan Pie

$\frac{1}{4}$ cup butter	$\frac{3}{4}$ cup Molasses
$\frac{1}{2}$ cup granulated sugar	Juice of 1 lemon
3 eggs, unbeaten	1 cup pecan meats, sliced

Line 9-inch pie plate with pastry. Cream butter and sugar. Add eggs, molasses and lemon juice and beat with rotary egg beater. Add pecan meats and pour into pastry-lined pie plate. Bake in hot oven (450° F.) 10 minutes, then decrease heat to moderate (350° F.) and bake 30 minutes longer.

Easy Apple Dessert

$\frac{1}{4}$ cup Granulated Sugar	1 teaspoon grated lemon rind
1 can pie apples	$\frac{1}{2}$ cup flour
$\frac{1}{2}$ cup Molasses	$\frac{1}{4}$ teaspoon salt
2 tablespoons butter or margarine	$\frac{1}{2}$ teaspoon nutmeg
1 tablespoon lemon juice	$\frac{1}{2}$ cup cake or cookie crumbs

Put contents of can into baking dish. Pour over top molasses, combined with lemon juice and rind. Dot with 1 tablespoon butter. Mix crumbs, flour, salt and nutmeg with $\frac{1}{2}$ cup sugar and spread on top of apples. Cover baking dish and bake in 350° oven for 30 minutes. Uncover and bake 15 minutes longer. Serve hot or cold with desired sauce. (Slightly melted ice cream is very good.)

Cereal "Popcorn"

2 small boxes favorite cereal (such as rice krispies)	$\frac{3}{4}$ cup granulated sugar
$1\frac{1}{2}$ cup molasses	1 tablespoon butter or margarine

Cook molasses and sugar together until very hard ball forms when dropped in cold water (270° F.). Remove from fire, add butter. Pour over cereal, stirring to coat. Let cool slightly. Butter fingers and shape into balls.

Steamed Syrup Pudding

1 egg	1 teaspoon baking soda, dissolved
1 cup flour	in $\frac{1}{2}$ cup of cold water
1 cup can syrup	

Beat egg; add flour and cane syrup slowly; add soda which has been dissolved in water and mix. Pour in buttered double boiler. Steam $1\frac{1}{2}$ hours. Serve hot with sauce.

Butter Molasses Sauce

$\frac{3}{4}$ cup molasses	$\frac{3}{4}$ cup undiluted evaporated milk
$\frac{1}{3}$ cup butter	

Bring molasses and butter to a boil. Remove from heat. Slowly stir in milk. Serve warm.

Molasses Loaf Cake

$\frac{1}{4}$ cup sugar	$\frac{3}{4}$ teaspoon salt
$\frac{5}{8}$ cup vegetable shortening or butter	$\frac{3}{4}$ teaspoon soda
$\frac{5}{8}$ cup molasses	$\frac{1}{4}$ teaspoon baking powder
2 cups sifted flour	2 eggs, beaten
	$\frac{1}{2}$ cup milk

Cream sugar and shortening together until light and fluffy; add molasses slowly, beating well. Add $\frac{1}{2}$ cup of sifted dry ingredients; mix well. Add beaten eggs. Add remaining sifted dry ingredients alternately with milk. Bake in greased and floured $9 \times 5 \times 3$ -inch loaf pan in moderate oven, 325° F., about 1 hour and 10 minutes.

Drop Oatmeal Cookies

1 cup granulated sugar	1 teaspoon ground cloves
$\frac{1}{2}$ cup molasses	$\frac{1}{2}$ teaspoon soda
1 cup shortening	2 cups all purpose flour
2 eggs	1 cup chopped raisins sprinkled
$\frac{1}{4}$ cup sweet milk	with 2 tablespoons flour
2 teaspoons ground cinnamon	2 cups oatmeal (long cooking kind)

Mix ingredients in order given. Melt the shortening before adding it, and sift the soda and spices with the flour. Drop by teaspoons on greased pans and bake in moderate oven (375 - 400° F.).

MOLASSES BEVERAGES

Grandma's Molasses Milk Shake—*Rich in iron and calcium!*

1 tablespoon Grandma's Molasses	1 cup cold milk Dash cinnamon
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Combine molasses, milk, cinnamon; shake well. Serve immediately. Serves 1.

Molasses Toddy—*A fine chill-chaser on frosty days!*

1 tablespoon Grandma's Molasses	1 cup milk, heated Dash nutmeg
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Add molasses to milk; mix well. Top with dash of nutmeg. Serves 1.

Molasses Egg Nog—*Rich in nourishment . . . and a real treat!*

1 egg, separated	1 cup cold milk
2 teaspoons Grandma's Molasses	Few grains salt Few grains nutmeg

Beat egg yolk; add molasses; mix well. Add milk, salt and nutmeg. Beat egg white stiff; fold in. Serve at once. Serves 1.

Molasses Malted Milk—*Very nourishing, very tasty!*

1 tablespoon Grandma's Molasses	3 tablespoons malted milk 1 cup cold milk
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Blend together molasses and malted milk. Gradually add milk, beating with rotary beater. Serve immediately. Serves 1.

Molasses Banana Milk Shake—*Soda-fountain "oomph"!*

1 medium fully-ripe banana	1 tablespoon Grandma's Molasses
1 cup cold milk	Few drops vanilla extract
Few grains salt	

Mash banana with fork until smooth; add milk, salt, molasses and vanilla extract. Shake well. Serves 1.

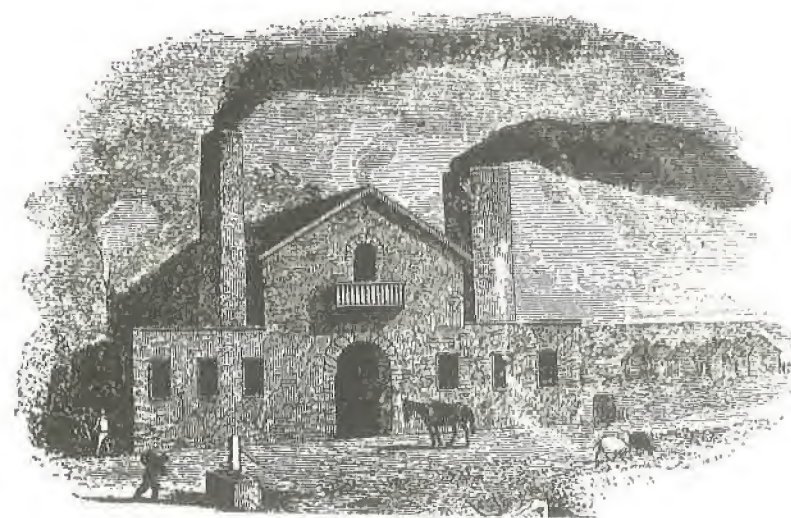
Orange Frizz—*A grand "cooler-offer" for torrid days!*

2 lemons, grated rind	½ cup lemon juice
2 oranges, grated rind	1 cup orange juice
12 whole cloves	¼ cup Grandma's Molasses
¼ cup sugar	Mint sprigs
4 cups water	

Combine lemon rind, orange rind, cloves, sugar and 2 cups water; simmer 5 minutes. Strain; cool. Combine with remaining water, lemon and orange juice and molasses. Pour over ice in tall glasses. Top each with sprig of mint. Serves 4-6.



A MODERN SUGAR MILL IN LOUISIANA



LOUISIANA SUGAR AND MOLASSES MILL—1853

THE FOLLOWING ARE OLD PLANTATION RECIPES SELECTED AT RANDOM

AMERICAN RICE

Rice is the most commonly used of all the grain products of the world. It is grown in many countries. But the United States in the past half century has developed some of the finest types and varieties of rice, which have met with high favor at home and abroad. American rice, in fact, commands a premium in foreign markets.

In this country rice is produced chiefly in the states of Louisiana, Texas, Arkansas, and California. Louisiana, having more than twenty huge rice mills, is the largest rice producing state.

Somehow the people of some sections in the U. S. are of the impression that it is difficult to cook rice to make it fluffy with the grains standing apart. But this is a fallacy. Anybody can cook rice. It is the simplest food to cook. There is no secret to it, and the *master recipe* in this book shows how to cook it as easily and as perfectly as it can be cooked by a Chinaman or a Creole cook.

How Rice Is Produced

Planting. Rice is planted with the husk on it and is spread over well harrowed land (in the same manner that wheat is planted), 80 to 100 pounds to the acre. It is then allowed to sprout and grow from two to three weeks or to reach a height of about six inches—and then it is flooded. The stalks remain half submerged in water for approximately three months while the rice grows and matures.

Irrigation. After the planting water is pumped into the field. For this purpose powerful pumping plants are required to keep fresh water in the canals which traverse the field to flood the rice. In some cases the source of the water supply is a river or a bayou; in other cases deep wells are the means of supplying the water. Some rice irrigation canals are eight to ten feet deep, forty to sixty feet wide, and thirty miles long.

Harvesting. When the rice has matured, usually from July to late in September, the irrigation is stopped, and the field is dried by the winds and the hot sun. Then a machine (a binder)

comes along and cuts the rice, stalk and all, in the same manner that wheat and oats are cut. When this is done, the rice is laid in shocks in the field to dry in order that it may be threshed. When it has dried sufficiently (in about three weeks) it is hauled to the threshing machine and here the head rice is whipped off the stalk, put into bags, and hauled to the mill. The rice straw (the stalks) is piled up in huge stacks, sometimes thirty feet high. These piles of straw serve as cattle feed during the winter.

Milling. The rice with the husk on it (commonly called "rough rice") is hauled to the rice mill, and there it is cleaned or milled. First the husk is removed; next the bran is removed; then the rice is polished, and comes out pearly white as it is seen in the stores. . . . The husk is merely a by-product of little value; the bran and polish are both rich in minerals and vitamins, and are used to great advantage in prepared stock foods. Rice polish, owing to its high mineral content, is recommended as a mixture for cakes or pudding.

Distribution. Rice is packed in various ways. It is packed for consumers chiefly in one and two-pound cellophane bags and in cartons of the same sizes. In sections where the sale is heavy it is packed also in larger kraft paper bags and cotton bags. For shipment to bulk buyers, such as group eating places, and to foreign countries it is packed in 100-pound cotton or burlap bags.

THE VALUE OF RICE AS A FOOD AND HOW TO SERVE IT

Rice is the most easily digested of all foods. That is because the elements making up the grain itself are extremely fine. Often in hospitals when babies are born too weak to digest milk their lives are saved by a diet of rice water, which they can as a rule digest, and which builds up strength sufficient to enable them to digest milk.

It is perhaps owing to the fact that rice is so easily assimilated that the people of some nations are able to use it as their main diet. It is quickly and easily consumed with little tax on the digestive organs. But, while rice is a great energy producing food, it is not considered a balanced diet. It is, however, one of the best grain products to mix with other protein-bearing

food, it is not considered a balanced diet. It is, however, one of the best grain products to mix with other protein-bearing foods. It has the faculty of absorbing perfectly the flavor of any food with which it is mixed.

As a cereal it can be served with cream and sugar or cream and molasses or syrup. As a vegetable it can be served with peas, beans, meat, eggs, butter, or in gumbos or soups. There are a great many ways in which it can be served, as recipes in this book will show.



IRRIGATION - - Powerful pumping plants are required to keep fresh water in the canals used in irrigating the rice fields.



GROWING - - Rice plants grow half-submerged in water. When the grain is mature, the water is drained from the field.

THE MASTER RECIPE FOR RICE

For a family of six, take $1\frac{1}{2}$ cups rice, and 3 pints water. Add 1 teaspoon salt. First wash the rice in a little water, pour the water off and put the rice in pot with the salted water; set on a low flame so that it will take about fifteen minutes to come to a boil, then take up a grain and chew it. If there is a little hard spot left in the middle of the grain, the rice is not done. Continue to taste every minute or so, and as soon as the grain is done all the way through, take off the fire, pour off most of the water, then draw on and pour off the rice two pots of cold water, pour rice into a collander, and set over a tall pot in which there is a few inches of slowly boiling water, and allow to steam for approximately half an hour. Never steam rice in a low pot. If the water during the steaming process touches the rice, the rice will be soggy and not fit to eat. This method of cooking rice requires but a few minutes care, and never fails to give you a delicious dish of rice with every grain separate.

CHIPPED BEEF AND RICE

1 cup Rice
2 quarts water

1 tablespoon butter
 $\frac{1}{2}$ pound chipped beef

Wash the rice thoroughly. Boil, drain and dry. Shred the chipped beef with the scissors. Cook in a frying pan with the butter until crisp and slightly browned. Combine with the hot boiled rice, blending with a fork to avoid breaking the rice kernels. Yield: 5 servings— $\frac{1}{2}$ cup

STUFFED BEEF HEARTS

Rice Stuffing

1 beef heart

Make a rice stuffing according to recipe. Wash heart, remove veins and arteries. Season well. Stuff with dressing. Sew or tie in shape. Dredge with flour. Brown in hot fat. Place in casserole. Add water or meat stock to cover. Cook slowly two hours. Thicken the broth for gravy. Serve with boiled rice. Yield: 6 servings Temperature: Boiling Time: 2 Hours

HEART COOKED WITH RICE

$\frac{3}{4}$ cup Rice
1 heart
 $\frac{3}{4}$ cup raisins, seeded

6 cups boiling water
Salt and pepper
 $\frac{1}{2}$ cup walnut meats
 $1\frac{1}{2}$ tablespoons lemon juice

Wash heart thoroughly, cover with boiling water. Simmer until tender. Add the well washed rice and cook for thirty minutes; then add the raisins, nuts, lemon juice and salt and pepper to taste. Bring to the boiling point. Lift heart to center of platter and surround with the rice, pouring the liquor over all.

Yield: 6 servings

Temperature: Boiling

Time: 2 Hours

BEEF AND HAM GUMBO IN RICE BORDER

Rice Border
 $\frac{3}{4}$ pound cured ham, diced
1 pound beef, diced
2 tablespoons chopped parsley
1 onion, sliced
1 green pepper, chopped fine

$\frac{1}{2}$ cup diced celery
1 pint water
1 quart tomatoes (fresh canned)
1 quart okra, (cut crosswise)
Bay leaf or celery seed (if desired)
Salt and pepper to taste

The gumbo is a famous Creole dish. To make this version of it cook the pieces of ham and beef until they are browned. Then add the parsley, onion, green pepper and celery. Cook mixture for few minutes and then add water and the tomatoes. Cover the skillet and simmer until the meat is almost tender. Then add the okra. Season to taste and simmer uncovered until the okra is tender and the stew has thickened. Serve in Rice Border.

Yield: 8 servings

Temperature: Simmer

Time: 45 Minutes

Chicken Gumbo and Rice

- | | |
|-------------------------|------------------------------------|
| 4 cups hot cooked Rice | 1 sprig thyme or parsley, minced |
| 1 large stewing chicken | 6 fresh or 1½ cups canned tomatoes |
| 1 slice ham, diced | 4 okra pods, sliced |
| 2 tablespoons butter | 3 quarts boiling water |
| 1 small onion, minced | Salt and pepper to taste |
| 1 green pepper, chopped | 1 bay leaf |

Cut up the chicken as for stewing. Season with salt and pepper. Heat butter in soup kettle. Add chicken and ham, cover closely and let simmer for ten minutes. Then add onion, pepper and thyme and let brown. Add the tomatoes and sliced okra pods. Now add the boiling water and let simmer on back of stove for two hours. Serve in a tureen. Accompany with a bowl of steamed rice. Or serve in soup bowls with a generous mound of rice.

Yield: 6 good servings Temperature: Simmer Time: 2—3 Hours

Chicken Chop Suey with Rice

- | | |
|-----------------------------------|------------------------------|
| 2 cups shredded cooked chicken | 3 tablespoons butter |
| 1 cup shredded green pepper | 1 cup shredded onions |
| 2 cups shredded celery and leaves | 2 cups bean sprouts (canned) |
| 1½ cups chicken broth | 1 cup toasted almonds |
| 4 tablespoons soy sauce | 1 tablespoon cornstarch |

Melt the butter in the skillet. Put in the green pepper and the onion. Cook a few minutes but do not brown. Add the meat and cook five minutes. Add celery, bean sprouts and broth, reserving enough broth to make a paste with the cornstarch. Add the paste and cook gently for ten minutes, stirring well and carefully. Stir in toasted almonds and soy sauce. May add mushrooms. Serve with hot rice.

Arroz Con Pollo (Puerto Rican)

- | | | |
|----------------------------|--------------------------|-----------------------|
| 2 cups Rice | 1 small can tomato paste | 1 pound fresh |
| 2 spring chickens (3 lbs.) | 1 quart can tomatoes | or 1 can mushrooms |
| 1 cup oil | 1 cup water | 1 pint can peas |
| 2 large onions | 4 bay leaves | 1 can pimiento olives |
| 2 large green peppers | Salt to taste | Parsley |
| 3 cloves garlic | 1 tablespoon vinegar | |

Cut chickens in quarters. Heat oil in big iron pot. Grind onions, peppers, and garlic fine. Put in oil to fry until onions are tender. Add tomato, tomato paste and water. Add bay leaves, seasonings. Add chicken. Cover. Steam three-fourths hour or until tender. Add washed rice. Turn fire very low. Keep covered. After ten minutes, turn rice carefully to cook all equally. When almost done add vinegar, mushrooms and peas. When ready to serve, take out chicken. Pour rice mixture in a mound on a large platter, arrange chicken around the edge of the mound. Garnish with pimiento olives and parsley.

NOTE: A 5 pound hen may be used. Cut up and brown before cooking.

Yield: 8 servings Temperature: Moderate

SELECTED RECIPES

TRIED MANY TIMES AND FOUND DELICIOUS

by

Lady Helen Henriques Hardy

If We All Cooked Alike!

If we all cooked alike, think of the jaded appetites that would appear. Food would no longer fascinate or satisfy. Thank goodness this is not likely to happen. As long as people continue to exchange recipes and experiment in the kitchen, we can look forward to an abundance of good eating.

Good eating is the result of good cooking and that in turn is guided by a recipe. A recipe must be tried to be good. The more a recipe is used the better it gets. Every cook adds that deft touch that is strictly his or hers. Scoff if you will but it is true. That is why recipes that are well traveled and well used often reach the peak of perfection before too long.

All the recipes in this book are in constant use, some daily, especially those from the famous restaurants in New Orleans. A few of the recipes have traveled from homes in other sections of this country and abroad. These were just too good to omit from a cookbook, even though its primary concern is Louisiana Food. So if you are a friend of the author don't be surprised if an old favorite turns up among these pages. Just pause and accept the thanks from all the happy people who have taken pleasure in eating it.

Lady Helen Hardy

Claire's Ice Box Cake

- 1 angel food cake
- 2 cups cold water
- 2 cups sugar
- 2 envelopes gelatin
- 1 #2 can crushed pineapple
- 2 tblsp. lemon juice
- 1 pint whipping cream

Boil sugar and water for 1 minute remove from fire and add gelatin which has been dissolved in ½ cup cold water. Add pineapple and lem-

on juice—let partly cool and congeal. Fold in whipped cream leaving out enough for top of cake.

Break up the angel food cake into good sized bites and mix into the pineapple mixture—put all into a greased mold either an angel food pan or bread pan—allow to jell and season for 24 hours.

Sugared Pecans

1½ cups sugar
½ cup water
¼ cup honey
½ teaspoon vanilla
3 cups pecan halves

Bring sugar, water, honey to boil until reaching soft ball stage. Remove from fire, add vanilla and nut meats. Stir carefully until creamy. Drop on waxed paper and separate just before it gets hard.

Lady Helen's Creamy Pralines

½ pint of whipping cream
1/3 stick of butter
3 cups of sugar
1 teaspoon of vanilla
1 cup pecans

Into a sauce pan put 2 cups of sugar, the whipping cream and butter. Into a small iron skillet put the remaining cup of sugar. Slowly melt the cup of sugar, being careful not to burn. At the same time cook the other mixture slowly. When the cup of sugar has melted, slowly add it to boiling cream and sugar. When it reaches soft ball stage remove from fire and allow to cool. When cool add vanilla and nuts, then beat until ready to pour on to marble slab or on to wax paper. This is delicious.

Pecan Cookies

Very good and easy to make.

1½ cups butter
1 cup sugar
1 egg yolk
3 teaspoons of cinnamon
2 cups of flour
1 or 1½ cups chopped pecans

Cream butter and sugar, add egg yolk then cinnamon and flour. This is a stiff dough. Take a large cookie sheet and with the fingers press the dough down onto the cookie sheet. It should not be more than ¼ inch thick. This may take two cookie sheets. When dough has been patted out, spread pecans over the whole thing and pat in with the fingers. Pecans should completely cover dough. Bake in a medium oven until brown and crisp. Cut in strips about 1 inch by 3 inches before removing from pan.

Brownies

2 sticks of butter
4 eggs (separated)
2 cups sugar
2 teasp. vanilla
1 heaping cup flour
1½ cups pecan pieces
4 squares chocolate (melted)

Set oven at 350°—Grease and line with waxed paper a 16 x 8 baking pan or 2 8 x 8 square cake pans. I use the double size.

Separate eggs and beat whites till stiff.

In another large bowl cream the butter, add the sugar—beat well then add egg yolks one at a time—beating well between each. Next add the melted chocolate and then the vanilla. Next add the flour and then the stiffly beaten egg whites. Lastly add the pecan pieces and pour into the baking pan.

Cook for 30 minutes at 350°.

Nut Crisp

Melt in sauce pan

4 tblsp. butter, reduce heat and add slowly ½ cup sugar stirring until sugar is dissolved (very low heat) and cooking to a brown syrup. This takes some time. The syrup should be the consistency of cane syrup.

Add

½ cup chopped nut meats chopped as fine as possible. Pour out on greased marble slab, roll out with greased rolling pin until 1/8 inch thick—It spreads quite a bit. Score in pieces 1 x 1½ inches.

Now, melt 2 squares of Dot chocolate—spread on one side of candy and sprinkle with ½ of 1/3 cup of pecans (finely chopped). Allow to harden and turn over and coat other side of candy in same way—cut where scored.

Chocolate Delight

½ cup butter
1 cup sugar
1 heaping tblsp. cocoa

Melt this in top of double boiler and when melted allow to cool.

Add 2 eggs and ½ cup flour—1 teasp. vanilla and 1 cup nut meats.

Bake in pan of hot water in a slow oven for 45 minutes.

Serve hot or cold with whipped cream or ice cream.

Black Bottom Pie

Crust

14 large ginger snaps
5 tblsp. melted butter

Roll ginger snaps fine, add butter, pat into 9 inch pie pan. Bake in hot oven 10 minutes. Cool.

Filling

2 cups scalded milk
4 egg yolks—well beaten
½ cup sugar
1½ tblsp. corn starch

Add eggs combined with sugar and corn starch slowly to hot milk. Cook in double boiler for 20 minutes, stirring until it coats spoon. Remove from fire and take out one cup. Add 1½ squares of chocolate to this cup of custard and beat well. The chocolate will melt as you heat it. As it cools add 1 teasp. of vanilla. Pour this chocolate mixture into pie shell and chill.

2nd Mixture

1 tblsp. gelatin
2 tblsp. hot water

Dissolve gelatin in hot water and add to remaining custard and cool.

Beat four (4) egg whites stiff and ½ cup of sugar and ¼ teasp. cream of tartar.

Add 2 teasp. whiskey (bourbon) Fold this into plain custard mixture—pour on top of chocolate mixture and chill. Cover top of pie with whipped cream and shavings of chocolate before serving.

Light Chocolate Cake

1½ cups sugar
½ cup shortening
Cream these two together.
Add in order
2 eggs
2 squares melted chocolate
1 cup sour milk
Sift together
1 teasp. soda
1 teasp. salt
2 cups flour
add
1 teasp. vinegar
1 teasp. vanilla
Bake at 325° for 30 minutes.
Makes 9 by 12 inch cake.
Cut in squares.

Frosting

Melt together
1 sq. chocolate
3 tblsp. butter
add
2 cups powdered sugar
6 tblsp. cream
1 teasp. vanilla
12 marshmallows cut
Put marshmallows on cake as soon
as it comes out of oven. Then pour
frosting on top.

Devils Float

Mix dry ingredients together.
1 cup sifted flour
½ cup sugar
2 teasp. baking powder
½ teasp. salt
½ cup milk
3 tblsp. melted butter
½ cup chopped nuts
1 square melted chocolate
1 teasp. vanilla
Mix these in order and sift in the
dry ingredients.
Pour this into a square cake pan
and then add this topping.
½ cup brown sugar
½ cup white sugar
2 tblsp. cocoa

Mix well, add one cup boiling
water and spread over top of first
mixture—Cook 350° for 30 minutes.
This is delicious.

Miriam's Chocolate Cake

Cream 4 tblsp. shortening. Add 1
egg.
Put 2 squares of chocolate in ½
cup boiling water. Add this to egg
and shortening.
Sift 1 cup flour—add 1 heaping
teasp. of Baking Powder—½ cup
sour milk—In milk put ½ teasp.
soda.
Alternate milk and flour into
chocolate mixture and add 1 teasp.
vanilla.
Bake at 350° for 30 minutes.
Makes one 9 by 9 inch cake.

Butterscotch Bars

Melt together
1 stick butter
2 cups brown sugar
Add 2 eggs—one at a time. 2 cups
flour—and 2 teapn. (rounded)
baking powder. and ½ teasp. salt.
Sift these together and add to first
mixture. Add 1 cup nuts; 2 teasp.
vanilla—Bake in biscuit pan for 17
minutes at 350°.
When cool cut and roll each one
in powdered sugar.

Chocolate Chip Nut Cookies

½ cup sifted flour
½ teasp. baking powder
¼ teasp. salt
½ cup sugar
1 egg—well beaten
1 teasp. melted butter
2 teasp. hot water
¾ cup broken nut meats
1 pkg. chocolate bits

Sift flour once—measure—add B.P.
and salt and sift again. Add sugar
gradually to egg-beating thoroughly.
Add melted butter and water
then add nuts and chocolate chips—
mixing thoroughly—add flour grad-
ually-mixing well.
Bake at 325° for 25 to 30 minutes.

Pecan Cookies

1½ sticks of butter
1 cup sugar
1 egg yolk
3 teasp. cinnamon
2 cups flour
Chopped pecans
Have butter at room temperature.
Add the sugar to the butter and
with the finger tips mix well. Add
the egg yolk and the cinnamon and
then the flour.
Press this dough onto a cookie
sheet with the fingers so that it will
cover the cookie sheet. Then press
the chopped pecans onto the dough.
Cook in a moderate oven about
15 minutes or until you see it begin-
ning to get brown at the edges.
Score while hot.

Plum Pudding Duff

2 eggs well beaten
½ cup melted butter
1 cup brown sugar
1 cup chopped cooked prunes
beat with fork
¾ cup raisins
Dates (about 6)
Mixed fruits
1 teasp. soda
1 cup flour
1 tblsp. cold water
Steam in tin fruit or coffee cans
for about 3 hours.

Sauce

3 eggs separated—beat yolks un-

til light and add 1 cup 4XXXX sug-
ar. Beat whites stiff—add ½ cup
4XXXX sugar, also 1 teasp. vanilla.
Mix the 2 mixtures together and add
1 cup of whipped cream.

Hot Water Sponge Cake

1¼ cups granulated sugar
1½ cups flour (sifted)
2 small teasp. baking powder
4 eggs
4 tblsp. boiling water
Pinch of salt
Flavor with vanilla or lemon
Cream egg yolks and sugar to-
gether, add beaten whites, then flour
and baking powder; add hot water
and flavoring and stir gently. Bake
at 325° for 1 hour.

Patience Fudge

2 cups sugar
¾ cup milk
1 scant tblsp. white karo
Place on slow fire. Bring to boil.
Into the skillet put one cup of
sugar and over a medium hot fire
stir until all lumps are gone.
Stir this syrup into boiling mix-
ture slowly and with a long handled
spoon—cook until a long hair spins
from the end of the spoon.
Remove from fire and add a good
size lump of butter.
Let cool then beat until the sur-
face of the syrup begins to look dull
and sugary—then add vanilla.
Add 1 cup pecans just before you
pour out onto a greased surface.

Lemon Angel Pie

Crust
Beat 4 egg whites until foamy, add
¼ teasp. cream of tartar—beat until
dry. Sift one cup of sugar—add
slowly and ¼ teasp. vanilla and ¼

teasp almond extract. Grease a pie pan and pour meringue into pan spreading to edges to form sides of pie.

Bake at 300° for 45 minutes.

Allow to cool.

Filling

Beat 4 egg yolks and add gradually one cup sugar—beat until smooth—add juice of one lemon and pinch of salt.

Cook until thick in top of double boiler stirring constantly. Remove from heat—beat until fluffy—cool—fill pie shell with ½ cup whipped cream to which have been added 4 teasps. sugar and ¼ vanilla. Add custard and then another layer of whipped cream.

Refrigerate for 12 hours before serving.

Fudge Pie

1st step

2 sqs. bitter chocolate

½ cup butter

⅛ teasps. salt

Melt together

2nd step

2 eggs

1 cup sugar

¼ cup flour

1 teasps. vanilla

½ cup nuts

Mix 1 and 2—Bake in a well greased pan at 350° for 30 minutes.

Creamy Pralines

3 cups of sugar

½ pint of whipping cream

⅓ stick of good butter

1 or more cups of nut meats

2 teasps. vanilla

Take one cup of sugar and melt in a small skillet. Do keep the fire low so it will melt slowly and not burn. Stir it constantly. It should be a light brown color.

Into another sauce pan put the remaining 2 cups sugar, the cream and the butter.

Cook over medium heat. As soon as the sugar in the skillet has melted pour it slowly into the boiling cream and sugar mixture. Stir it well and when it hits the soft boil stage or if you do not have a candy thermometer pour a few drops of the syrup into a cup of cold water. When it forms a soft ball remove from the fire and allow to cool.

When cool start beating and add nut meats and vanilla.

When it starts to harden pour onto waxed paper. When firm cut.

This is the finest home-made candy I have ever eaten and I hope you will think so too.

Lemon Pie

1½ lemons (grate the rind and squeeze juice)

¾ cup sugar

1 heaping tblsp. flour (mix with sugar)

1 cup cold water

4 eggs—leave 2 whites out for meringue

Pinch of salt

1 level tblsp. butter

Cook over hot water until real thick—stirring constantly. Allow to cool—then pour into unbaked pie crust and top with Meringue made by beating the two remaining egg whites until stiff and adding one level tablespoon of sugar and a pinch of Baking Powder.

Bake at 350° until Meringue is good and brown on top.

Ice Box Cookies

1½ cups shortening (butter)

1 cup brown sugar

1 cup white sugar

3 eggs

1 teasps. vanilla

½ teasps. salt

4½ cups flour

½ teasps. soda

Cup or more of pecans

Mix in order and roll dough in long round shape. Wrap in foil or waxed paper and refrigerate. When you are ready to use—unwrap and slice thin. Bake at 350° for 12 to 15 minutes.

Caramel Ice Cream

4 egg yolks

¾ cup sugar

1/6 cup hot water

1 cup milk

Pinch of salt

1½ cups light cream

Caramelize ¼ cup of the sugar—add hot water—cook this mixture till blended. Scald milk in double boiler—add slowly to beaten yolks—add caramel syrup—plain sugar, salt; cook until mixture thickens, stirring constantly—cool—add cream—strain and freeze.

Fondant for Making Mints

3 cups water

1 scant teasps. cream of tartar

5 lbs. sugar

Boil until it reaches 240° by your candy thermometer.

Pour onto marble and when cool work with wooden spoon until creamy. Let ripen in refrigerator for 24 hours before using.

Lemon Custard (Baked)

1 cup sugar

¼ cup flour

⅓ teasps. salt

2 tblsp. butter

5 tblsp. lemon juice

Rind of one lemon (grated)

3 well beaten egg yolks

1¼ cups scalded milk

3 stiff beaten egg whites

Combine sugar, flour, and salt and add lemon juice, lemon rind and butter—add to combined egg yolks and milk. Mix well—fold in stiffly beaten egg whites and pour into greased custard cups. Bake in pan of hot water in moderate oven (325°) for 45 min.

Vanilla Ice Cream

I had this ice cream when I was quite young. When I was taking a trip on board the "General John Newton." I asked the cook for the recipe and the one she gave me served 30 people. I have cut it down so it will serve 10. I think you will find it very good.

1 can Magnolia Brand condensed milk

2½ pints sweet milk

1½ pints whipping cream

Sugar to taste

Several tblsp. of vanilla

Mix Magnolia milk and sweet milk—pour in cream—add sugar to taste and add vanilla—freeze.

Orange Ice Box Cake

2 layers of sponge cake

1 egg

½ cup sugar

Grated rind of 2 oranges

Juice of 1 orange

½ pint whipping cream

Separate egg—beat yellow well and add sugar—rind and orange juice. Mix these together well—Fold in whipped cream and egg white stiffly beaten. Divide each layer of sponge cake by splitting the layer cross wise. In other words you will have 4 layers. Spread the filling between each layer and on top. Refrigerate for 24 hours before serving.

Pecan Meringues

- 1 egg white
- 1 cup brown sugar
- 1 teasp. vanilla
- 1 tblsp. flour
- $\frac{1}{8}$ teasp. salt
- $2\frac{1}{2}$ cups pecans pieces

Beat the egg whites—gradually add sugar—then vanilla and flour and salt sifted over the mixture. Finally add pecans.

Drop by teaspoonfuls on cookie pan. Cook at 275° for 30 to 35 minutes.

I always take a peek at mine after they have been cooking for 20 minutes to see how they are coming along.

Pecan Pie

- 1 cup white Karo
- 1 cup red Karo
- 4 eggs
- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ cup flour
- 1 tblsp. vanilla
- 2 cups chopped pecans

Beat eggs and sugar—add flour and beat altogether. Then add Karo—vanilla and lastly pecans. Put in unbaked pie shell.

Bake for 45 minutes in a moderate oven.

Crumb Top Apple Pie

- 6 to 8 cooking apples
- $\frac{3}{4}$ cup granulated sugar
- $\frac{1}{2}$ teasp. nutmeg
- $\frac{1}{2}$ teasp. cinnamon
- 2 tblsp. cold water

Peel and core apples and slice into a deep oblong pan. I use a loaf pan.

Sprinkle over the apples the sugar, nutmeg, cinnamon, cold water.

In another bowl mix.

1 stick butter

- $\frac{1}{2}$ cup brown sugar
- 1 cup sifted flour and a pinch of salt

Mix this with finger tips until it is the consistency of coarse meal.

Sprinkle this over the apples.

Bake in a slow oven 50 to 60 min.

May be served either hot or cold and with vanilla ice cream or whipped cream.

Divinity Fudge

- 2 cups sugar
- $\frac{1}{2}$ cups white Karo
- $\frac{1}{2}$ cup cold water
- Pinch of salt

Mix thoroughly and boil until it spins a thread.

2 eggs whites

Beat whites until very stiff. Pour sugar mixture slowly over egg whites heating constantly. Save a small amount of syrup—bring to boil again and pour over eggs. Beat until creamy.

Add 1 heaping teasp. of vanilla and nut meats as desired.

Beat until you feel it is stiff enough and pour on a greased marble or sheet of waxed paper until hard.

Buttermilk Cake

- 1 cup butter
- 2 cups sugar
- 3 cups cake flour (sifted)
- 2 rounded teasp. baking powder
- 5 egg whites
- 1 cup buttermilk
- $\frac{1}{2}$ teasp. soda
- Pinch of salt
- 1 teasp. vanilla

Make as any other cake except add $\frac{1}{4}$ cup sugar to beaten egg whites. Mix soda into Buttermilk and add alternately with flour.

Cook in preheated oven at 350° for 30 minutes.

Fruit Salad (Frozen)

- 4 egg yolks
 - 6 tblsp. sugar
 - 1 tblsp. flour
 - 1 cup fruit juices
- Cook in top of double boiler—when cool fold in $\frac{1}{2}$ pint whipped cream.

Drain well and add to above mixture the following fruits.

- 1 #2½ can of fruit cocktail
- 1 #2½ can white cherries
- 1 #2½ can broken slice pineapple
- 1 10¢ box of marshmallows
- $\frac{1}{2}$ tblsp. lemon juice
- Pinch of salt

This can be put in a freezing tray and frozen or it can be refrigerated for 4 hours and then served on a bed of lettuce leaves. Either way it is good and an excellent luncheon dish.

Rodie's Oatmeal Cookies

- $\frac{1}{2}$ cup butter
- 1 cup sugar (granulated or well packed brown sugar)
- 1 egg well beaten
- 5 tblsp. milk
- $1\frac{3}{4}$ cups rolled oats
- $\frac{1}{2}$ cup seedless raisins (chopped)
- $\frac{1}{2}$ cup broken nut meats
- $1\frac{1}{2}$ cups flour
- $\frac{1}{2}$ teasp. salt
- $\frac{1}{2}$ teasp. soda
- $\frac{3}{4}$ teasp. cinnamon
- $\frac{1}{2}$ teasp. cloves
- $\frac{1}{4}$ teasp. nutmeg

Mix in order and drop by teaspoonfuls on greased cookie sheet. Bake for 15 minutes in moderate oven (350°).

Lemon Chiffon Pie

- 1 tblsp. gelatin
- $1\frac{1}{4}$ cup milk
- 3 eggs
- $\frac{1}{2}$ cup lemon juice
- $\frac{1}{2}$ teasp. grated lemon rind
- $\frac{2}{3}$ cup sugar

Soak gelatin in $\frac{1}{4}$ cup cold milk for 5 minutes. Scald remaining milk in a small saucepan over low heat. Beat egg yolks and add sugar gradually and salt. Add hot milk to egg yolk mixture. Return to heat and stir until slightly thickened. Remove from heat add lemon juice, rind and gelatin and stir until gelatin is dissolved. Pour into a bowl and chill over ice cubes until slightly thickened and it is beginning to set. Then add 3 well beaten egg whites and pour into baked pie shell or a graham cracker shell.

Refrigerate until set.

Serve with whipped cream on top.

Italian Stuffing

- $\frac{1}{2}$ lb. pork sausage
- $\frac{1}{2}$ lb. ground veal
- 1 loaf French bread
- $\frac{1}{2}$ lb. Monterey Jock cheese (shredded or grated)
- 6 eggs (beaten)
- 2 lbs. chopped, drained spinach
- $\frac{1}{2}$ teasp. salt
- $\frac{1}{2}$ teasp. each pepper, sage, and poultry seasoning
- 1 teasp. chopped parsley
- 1 medium onion, chopped
- 2 cups chopped celery

Fry meat until crumbly, add onion and celery and simmer 5 minutes. Remove from fire and add to crumbed bread. Mix in other ingredients. Moisten with brush and stuff turkey.

By adding mushrooms this makes a good supper casserole.

Crab Meat Mousse

- 1 can Campbell's tomato soup
- 1½ large pkgs. Philadelphia cream cheese
- 2 tblsp. gelatin (increase to 3 tblsp. in very hot weather)
- ¾ cup finely chopped celery
- ¾ cup finely chopped green pepper
- 4 tblsp. grated onion
- 1½ cups crab meat
- ½ cup mayonnaise
- 20 drops of tabasco
- Lemon juice
- Salt

Dissolve gelatin in cold water—add to hot tomato soup. Let cool—mix well with cream cheese. Add other ingredients—add lemon juice and salt to taste.

Pour in greased mold and allow to congeal.

This is also good using shrimp or cray fish.

Barbecue Sauce

Two teaspoons dry mustard; to this add enough Lea and Perrins sauce to make a thin paste—add ½ teaspoon of Tabasco to this and add one cup of Tomato Ketchup.

This is an excellent sauce for pork ribs.

Spaghetti Sauce a la Goday

- 2 pounds of ripe tomatoes
- ½ cup water
- 1 large onion, minced
- 1 clove of garlic, mashed
- ½ teasp. of rosemary
- 3 tblsp. olive oil

Peel tomatoes, dice and place in frying pan. Add water and cook for 30 minutes. Add onion, garlic and Rosemary. Simmer for 1 hour or until thickened. Remove from heat and serve over boiled spaghetti.

Macaroni and Cheese

- ½ of an 8 or 9 oz. pkg. macaroni
- 1½ quarts of boiling water
- ¼ cup butter or oleo
- ¼ cup flour
- ¼ teasp. dry mustard
- Dash of cayenne
- ¾ teasp. salt
- ⅛ teasp. pepper
- 2 cups milk
- 1 tblsp. minced onion
- 1 cup grated sharp cheese

Cook macaroni in boiling water until done. Drain. Melt butter in double boiler, add flour and cook until butter and flour bubble, then add milk. Cook slowly until it thickens. Then add rest of ingredients—Mix with cooked macaroni and put in baking dish. Bake at 350° for 30 minutes.

Tamale Pie

- 1½ pounds ground round
- 1 pint of milk
- 3 eggs
- 2 cups yellow corn meal
- 3 onions (medium sized chopped)
- 1 cup olive oil
- 1 can cream style corn
- 1 can tomatoes

Warm oil; add meat—cook—add onions—corn—tomatoes—simmer gently—beat 3 eggs—in another bowl Mix corn meal and milk—add eggs and put in meat mixture—salt to taste and add 1 tblsp. chili powder. Simmer and stir—add 1 pint chopped ripe olives (pitted) bake in oven at 350° for 30 minutes or until bubbly on top.

Chicken Chow Mein

1 5-pound hen—season with salt and pepper and cook until done—When cool cut up into bite sized chunks.

Chop fine.

- 3 onions
- 4 pods garlic
- 3 bell peppers
- 4 pieces of celery

Cook in chicken fat until clear but not brown.

Add to this mixture.

- 2 tblsp. flour
- 1 cup stock

Next add

- 1 can bamboo shoots
- 1 large can mushrooms
- 1 can chop suey vegetables (drained)

- 1 can bean sprouts (drained)
- 3 cups chicken broth
- 1 cup water chestnuts (drained)

Cook slowly about 30 minutes with cut-up chicken. 30 minutes before serving take 3 tblsp. La Choy sauce and pour over 3 tblsp. cornstarch, add 1 tblsp. water and stir.

Add to chicken mixture and simmer 30 minutes.

Serve over Chinese noodles. Get a small bottle of Soy sauce to serve at the table.

Rolls

- 1 cup cooked mashed potatoes
- 1 cup scalded milk
- ½ cup sugar
- ¾ cup melted shortening
- 2 eggs well beaten
- 1 tblsp. salt
- 1 yeast cake dissolved in ½ cup warm water

Add sugar, salt and shortening and potatoes to milk. When cool add the yeast and eggs. Work in enough flour (about 6 cups) to make a stiff dough.

Put in a deep bowl. Grease over top with lard. Cover with waxed paper. Place a plate on top—put in the refrigerator. When ready for use take out the amount needed and form into rolls and allow to rise about an hour. Bake at 400° for 15 minutes.

Christmas Ring Mold

- 3 pounds of spinach
- 1 tblsp. butter
- 1 tblsp. flour
- ½ cup milk
- ¼ teasp. salt
- ½ cup mayonnaise
- 2 eggs
- 2 tblsp. lemon juice
- Pepper

Cook the spinach—add 2 tblsp. salt about 5 minutes before removing from fire. Strain and chop fine. Make cream sauce from flour, butter and milk—when thick add spinach and slightly beaten eggs and lemon juice. Place in 8 inch buttered ring mold—Place in pan of hot water and bake for 1 hour at 350°.

When ready to serve fill the center with hot buttered beets.

Molded Salad

- 1 pkg. lemon jello
- Juice from canned pineapple to moisten

When it begins to set, whip, and add the contents of a large can of pineapple chunks that have been cut as fine as possible. Add 1 pkg. of Philadelphia cream cheese and a carton of cottage cheese and 10 or 12 salted almonds.

Pour into molds and refrigerate. When ready serve with a cream dressing made by mixing a little cream into mayonnaise and serve on a bed of lettuce.

French Dressing

- 1 teasp. salt
- 1 teasp. sugar
- 1 teasp. dry mustard
- 1 teasp. paprika
- 1 cup olive oil
- ¼ cup vinegar
- 1 tblsp. grated onion
- 1 teasp. sweet basil
- 1 teasp. Worcestershire sauce
- 3 cloves garlic
- 1 dash tabasco

Place all ingredients into a large jar and shake well — refrigerate — garlic may be removed before serving.

Tomato Aspic

Soak 2 tblsp. gelatin in ½ cup cold water until soft.

Cook:

- 1 quart of tomatoes
- 2 teasp. salt
- 1 teasp. sugar
- 1 slice of onion
- 3 cloves
- 1 bay leaf

Pepper to taste

Cook this 20 minutes. Strain and pour hot liquid over gelatin. Pour into molds and refrigerate until firm.

Roquefort Dressing a la Savage

- 1 6 oz. pkg. roquefort cheese
- 1 cup mayonnaise
- 2 or more medium sized pods of garlic which have been squeezed thru a garlic press
- Juice of 2 lemons
- Salt, pepper, paprika and cayenne to taste

Allow cheese to soften to room temperature — mix with mayonnaise and other seasonings. Refrigerate.

Tuna Fish Baked in Shells

- 1 (7 oz.) can tuna
- 1 tblsp. butter
- 1 tblsp. flour
- 1 cup milk
- Salt & pepper
- Paprika
- Bay Leaf
- ½ cup bread crumbs
- 2 hard boiled eggs—minced
- 3 tblsp. lemon juice
- 1 teasp. Lea & Perrins
- 4 tblsp. grated cheese

Flake the Tuna — melt butter — blend in flour and add milk and seasonings. Cook until thickened, stirring constantly. Remove Bay Leaf—add Tuna and crumbs, eggs, lemon juice and Lea and Perrins. Fill baking shells and sprinkle with additional crumbs and grated cheese.

Bake at 350° for 30 minutes.

Cheese Souffle

- 3 tblsp. butter
- 3 tblsp. flour
- 1 cup milk
- Salt and pepper to taste

Grate 1 cup sharp cheese and add to sauce—and melt not cook—when cool add 3 well beaten egg yolks—then fold in 3 egg whites beaten stiff.

Pour in hot buttered casserole and bake at 350° for 40 to 50 minutes.

Broccoli Sauce

- ½ cup sugar
- ½ cup condensed milk
- 2 egg yolks
- ½ cup vinegar
- 1 teasp. dry mustard

Beat sugar and eggs till light—add half cup of milk — cook in top of double boiler until it begins to thicken. Add the other ingredients; let cool for 5 minutes—and beat until it thickens.

Serve over cooked broccoli.

Oysters and Mushrooms

- 2 tblsp. butter
- 2 tblsp. flour
- 2 small cloves of garlic (minced)
- 3 tblsp. parsley (minced)
- 3 tblsp. green onions (minced)
- 1 pint of oysters well drained and coarsely chopped
- 1 8 oz. can of mushrooms well drained and coarsely chopped
- ⅓ cup good dry sherry
- 1 dash of cayenne

Melt butter in frying pan, add flour, and cook over medium heat until brown. Add minced garlic, green onions, and parsley. Cook for 5 minutes and add chopped oysters mushrooms and dash of cayenne. Simmer gently for 15 minutes. Stir in sherry and continue cooking another five minutes. Remove from heat and serve. This is a good companion dish for fowl.

Shrimp Curry

Chop fine or dice

- 2 or 3 large onions
- 3 or 4 carrots
- 5 stalks of celery

To the above, add 2 or 3 ripe tomatoes, cut up, salt and the grated rind of a lemon. Cover with water and cook until it is well done. More or less a puree—It will take about 2 hours. Then add about 1/3 stick of butter or oleo.

(This can be prepared in the morning).

Clean about 3 pounds of shrimp and add to the boiling hot vegetables—also add 2 or more teasp. of curry powder—or as much as you like to taste and perhaps more salt is needed.

Finally, add a flour and water paste. (About 3 tblsp. of flour to

thicken until of the right consistency. Cook just long enough to cook the flour and water paste. The shrimp only need a short while to cook—5-7 minutes.

This can sit on the stove after it is cooked and it will not hurt. Serve with rice and chutney or anything else you like with curry.

Baked Fish with Cheese Sauce

Put fish in pan (roaster) and put in just enough water to cover. Simmer with a slice of onion and carrots. Add ½ teasp. salt and 1 bay leaf. Simmer 20 minutes.

Sauce

While fish is simmering make sauce.

- ½ cup cream
- ½ cup milk
- 2 tblsp. flour
- 2 tblsp. butter
- ¼ teasp. salt
- ¼ teasp. nutmeg
- ½ cup grated cheese
- ¼ cup stock from fish
- ¼ teasp. pepper
- ½ teasp. paprika
- 1 tblsp. sherry
- 1 teasp. chopped parsley

Cover fish with sauce and bake for 30 minutes at 350°.

Deviled Oysters

- 1 pint oysters
- 1 tblsp. butter
- 3 shallots chopped fine
- 2 tblsp. flour
- ½ cup milk
- ¼ cup cream
- ½ teasp. salt
- ¼ teasp. nutmeg
- Few grains cayenne
- ½ teasp. bottled mustard
- ½ tblsp. Lea & Perrins
- Mushrooms

$\frac{1}{2}$ **teasp. chopped parsley**
1 egg yolk

Buttered crumbs

Melt butter, add flour and when it bubbles add milk and cream slowly. Stir constantly and when thick, add all of the seasonings. Add drained oysters to this and mushrooms and egg yolk. Pour into buttered casserole and top with buttered crumbs.

Bake 350° for 30 minutes.

May also be served in individual shells.

Chicken Almondoisse

1 3 pound chicken
 $\frac{1}{8}$ **teasp. celery seed**
1 pint of water
 $\frac{1}{2}$ **cup flour**
 $1\frac{1}{2}$ **teasp. salad oil**
 $\frac{1}{8}$ **teasp. black pepper**
6 slices bacon
 $\frac{1}{4}$ **cup seedless raisins**
1 small onion
 $\frac{1}{2}$ **sweet creole pepper**
 $1\frac{1}{2}$ **tbsp. curry powder**
2 tbsp. butter
 $\frac{1}{2}$ **cup blanched almonds**
2 tbsp. vinegar

1 tbsp lemon juice
 $\frac{1}{4}$ **cup finely chopped celery**

Blanche almonds in hot water and skin off skins then toast in butter until golden brown. Set aside.

Disjoint chicken. Simmer neck and giblets with celery seed in one pint of water until you have $1\frac{1}{4}$ cups of rich broth.

Fry bacon at hot temperature in deep heavy chicken fryer until crispy. Remove bacon and break in to bits to be used later.

Dredge remainder of chicken in mixed flour and salt. Then brown on all sides in hot bacon fat. Remove chicken from pot and fry minced onion and sweet pepper until limp—stirring often to avoid scorching.

Add broth, vinegar, raisins, black pepper and curry powder.

Return chicken to pot and simmer over low flame, tightly covered until tender.

Heap in the center of a big platter and strew with bacon and almonds.



Antoine's

Oldest restaurant in the United States, this world famous mecca for the epicure was established in 1840 by Antoine Alciatore. In the heart of New Orleans' famous and ancient French section, it now is operated by Roy Alciatore, grandson of the founder. It has entertained kings, presidents, the great, and the near great.

An Original Recipe

Potato Souffle:

Peel Burbank, California, potatoes. Cut in $\frac{1}{8}$ -inch lengthwise slices; place in wire basket; run under cold water to remove extra starch. Dry thoroughly. Have two frying kettles of fat—one at moderate temperature, the other very hot. Place several sliced potatoes (in frying basket) in moderately hot fat and cook until they rise to the surface of the fat, and the edges show faint signs of puffing. If the faint puffing appears, then immediately transfer potatoes in basket to other pot of very hot fat; cook until fully puffed and browned. Drain on absorbent paper. Sprinkle with salt. Serve immediately. If desired, the potatoes may be put aside after the second cooking and given a final dip later in the very hot fat; then continue as above.

HERE'S TWO MORE FAMOUS ANTOINE RECIPES

**Antoine's
Cafe Brulot Diabolique**

Cinnamon, 1 1-inch stick
 Cloves, whole, 8
 Peel of one lemon, cut thin
 Sugar, 3 lumps
 Brandy, 3 jiggers
 Coffee, strong, 3 cups

Place in a silver brulot bowl (or a chafing dish) cinnamon, cloves, lemon peel and sugar. Place brandy in large ladle; ignite brandy and pour over ingredients in bowl. Keep ladling brandy over ingredients until sugar is dissolved. Gradually add coffee, ladling the mixture until the flames fade. Serve immediately. Yield: 8 small cups—4 portions.

Antoine's Hollandaise Sauce

Butter, clarified, 1 cup
 Tarragon vinegar, 2 tablespoons
 Water, 1 tablespoon
 Onion, minced, 1 tablespoon
 Peppercorns, 3
 Egg yolks, 4
 Juice of $\frac{1}{4}$ lemon

To clarify butter: Slowly melt butter, let stand until clear part can be skimmed off easily. In saucepan, place vinegar, water, onion and peppercorns. Cook over very low heat to reduce liquid to one teaspoon. Remove peppercorns. Cool. Add egg yolks; beat slightly. Gradually add melted butter, beating constantly. Add lemon juice. Serve immediately. Yield: 4 portions.



The Priest's boat passing around the harbor at the BLESSING OF THE SHRIMP FLEET IN LOUISIANA.



ANTE-BELLUM HOME, New Orleans.—This old home, located in what is known as the Garden District of New Orleans, is typical of the spacious mansions constructed in that city during the prosperous sugar cane and steam-boat era prior to the Civil War.



Germaine Cazenave Wells

been his had he remained in his native land. His personality gave him a standing which few enjoyed. His knowledge concerning the preparation of foods, his ability to judge fine wines, and his elegant manner of serving them proclaimed him a master in the art in which Lucullus excelled, but no feast of Lucullus was ever served with the delicacy of an Arnaud dinner.

Count Arnaud Cazenave died, and his daughter (and only child), Mrs. Germaine Cazenave Wells, who inherited her father's personality and acquired his knowledge, now operates Arnaud's in the same manner that he did. She, like her father, is known throughout the whole country and across the seas. She is capable, magnetic, and witty. She has made Arnaud's more interesting than ever, and she keeps the old atmosphere alive—what it was is there; in its improvements to keep pace with progress of the times nothing of the old is lost.

The authors of this book consider it a privilege to present its users some of Arnaud's famous recipes.

RECIPES

Oysters Bienville

Half bake oysters on half shell. Make white wine sauce as follows: Chop one bunch shallots very fine. Fry in butter till brown. Add three tablespoons of flour—Browning. Chop shrimp and mushrooms very fine—put in sauce with a glass of white wine and cream. Season to taste—allow to cook for 10 to 15 minutes. Put sauce over oysters, covering with bread crumbs and grated cheese, mixed. Put in oven to brown.

Shrimp Canape A La Irma

Mince one bunch shallots with one eye of garlic, fry in butter, brown. Add two tablespoons flour to make a roux. Add fish broth to thickness desired. Slice two pounds boiled shrimp fine, and put in sauce. Cook for about 20 minutes. Add one glass Claret wine mixed with four yolks of eggs to tighten dressing. Season to taste. Spread on slice of trimmed toast, border with hard boiled eggs and parsley minced fine. Top with bread crumbs and cheese and bake golden brown.

Supreme de Volaille en Papillote

Boil chicken to be used, making broth. Melt butter in pan. Mince onions fine, brown, adding flour, and browning as a roux. Add broth, making cream

sauce. Add diced ham, chicken, and mushrooms. At last moment, take yolk of egg and mix with White wine, stirring fast into sauce, to prevent curdling. Season to taste. Cut waterproof paper in shape of heart, put sauce and chicken in paper and fold air-tight, baking in oven about 10 to 15 minutes.

Water Cress Salad a la Germaine

Chop celery fine—add olive oil, vinegar, mayonnaise, Philadelphia cream cheese, and a touch of saffron. Salt and pepper to taste. Mix well. Cut up a few pieces of Philadelphia cheese and celery, cut fine. Mix with water cress and serve.

Pineapple and Louisiana Yams Flambee a la Germaine

Boil yams, and then slice. Roll sliced pineapple and sliced yams in flour, then in milk, then roll back in flour again. Fry pineapple and yams in oil or shortening until golden brown. Place cherry in center of pineapple. Then put the pineapple and yams in a silver platter, and cover freely with sugar. Bake in oven five minutes, pour rum over it, light with match, then serve, and add sherry wine.



The Mammy of the Old South was necessarily a person of fine character, for she was the most important servant, with unquestioned influence. She has "gone with the wind."

Taken from the figure in front of HOME SWEET HOME MOTEL, Airline Highway, New Orleans.

Helpful suggestions for making Coffee

By Fred C. Fagot, V. President of LORD HOWE COFFEE, New Orleans.

One of the basics for proper coffee brewing is full, correct measure. There is no substitute for it. Why? Because every measure of coffee has only just so much delicious, bracing flavor.

It can't be stretched.

And because nothing else can compare to a truly good cup of coffee — with its gentle lift and its cheering aroma — why not make good coffee every time?

Fortunately, it's quite simple. You'll see how in the easy hints which follow.



VACUUM METHOD:

1. Measure fresh cold water into lower bowl. Place on heat.
2. Place filter in upper bowl. Add measured amount of "Fine Grind" or "Drip Grind" coffee.
3. When water boils, reduce heat or turn off electricity. Then insert upper bowl into lower bowl. Twist to insure a tight seal.
4. Let most of water rise into upper bowl. Stir water and coffee thoroughly. In 1 to 3 minutes, remove from heat . . . exact time depending on grind and strength desired.
5. When brew returns to lower bowl, remove upper bowl and coffee is ready to be served.
6. If a cloth filter is used it should be thoroughly rinsed after each use (no soap), and kept immersed in cold water until used again.

DRIP METHOD:

1. Preheat pot by rinsing with hot water.
2. Measure "Drip Grind" Coffee into filter section.
3. Measure fresh boiling water into upper container and cover.
4. When dripping is completed, remove upper section. Stir brew to mix before serving.

PERCOLATOR METHOD:

1. Measure fresh cold water into percolator. Place on heat until water boils. Remove from heat.
2. Measure "Regular Grind" coffee into basket.
3. Insert basket into percolator, cover, return to heat, percolate slowly 6 to 8 minutes.
4. Remove coffee basket and serve.

The Story of Chicory

HISTORICAL BACKGROUND



Chicory roots resemble those of the sugar beet. Botanically, "taraxacum intybus", chicory is related to the dandelion.

tioned by Horace in the early days of Rome. Under the name of "French Endive" the forced second growth of the roots are enjoyed as a salad. "Curly Chicory" is another variety grown largely in Texas and Arizona for its green leaves which are often the foundation of the familiar "chef's salad."

It was, however, during the Napoleonic Wars, when the continent of Europe was blockaded and cut off from the outside world and coffee became scarce and high

in price, that Chicory came into general use in Europe. It was found that the root, dried, roasted and ground, made an excellent addition to, or "seasoning" for coffee, and the people having become accustomed to its unique flavor continued its use upon the restora-



the roots mature late in the fall are harvested before snow-fall and hauled to nearby Receiving Stations.

tion of peace. So highly regarded was it that European powers have enacted laws to prevent its adulteration and today thousands of acres in Belgium, Northern France and Holland are devoted to its cultivation.

As to its wholesomeness exhaustive tests have been made to determine the exact constituents. Research (Un. of Mich.) has shown that dried Chicory root contains fructosans as well as the starch, inulin, which can be chemically converted into invert sugars (levulose, pentose, glucose) and that the sugar content thus extracted varies from 40% to 50%.



The bone dry "cossettes" are roasted at high temperatures in revolving drums. Oil furnaces produce indirect heat.

Reputedly a Chicory infusion is slightly laxative and clinical tests at a large Eastern hospital suggest it stimulates the flow of digestive juices.



Bags are filled from huge bins which are supplied by automatic endless conveyors operating throughout the plant.

point where a lesser quantity of dry coffee may be used with complete satisfaction,

In New Orleans, coffee already blended with Chicory has been sold since Civil War days.

To the unaccustomed palate a little Chicory often imparts sufficient additional taste-strength to the



Brennan's

Orleans. The price was \$25,000. This bank was liquidated in 1819, and in 1820 the liquidators sold the mansion to Martin Gordon, a cultivated gentleman from Virginia, and a great friend of Andrew Jackson, who visited him while he occupied this mansion. Gordon, who entertained lavishly, fell into financial difficulties in 1841, and his mansion was seized by the Citizens' Bank, and sold at auction by the sheriff for \$34,000. The purchaser was Judge Alonzo Morphy, the father of Paul Morphy, the famous chess master. The mansion was eventually acquired by William R. Irby, who gave it to Tulane University in 1920.

Such (briefly) is the history of the building in which BRENNAN'S RESTAURANT serves its famous NINE-DOLLAR BREAKFAST—and other meals varying in price from \$2.00 to \$20.00—or without limit. It is worth \$2.00 merely to say that you have eaten at BRENNAN'S—or when you get a NINE-DOLLAR BREAKFAST or a \$20.00 dinner you'll say it was worth the money.

Owen Brennan first owned the OLD ABSINTHE HOUSE, where, beginning with \$6.80 in his pocket, he made a fortune. He then took over the Vieux Carré Restaurant to serve French and Creole dishes, the most genuine.

An Irishman he is, but he gave the place a French atmosphere, as if he himself could not comprehend English, and yet if he could say "Bon soir," that was all he knew of French.

His success was phenomenal. After his death, his family moved his business to the Patio Royal, and the name of his restaurant became BRENNAN'S. It was famous almost overnight.

"I awoke one morning and found myself famous."

Byron

Crepes Suzette

For the Batter:

- 3 eggs
- 3 oz. flour
- ½ pint of milk
- 1 oz. Kirschwasser
- 1 lemon

Beat eggs and flour until smooth. Add milk, keep the batter thin. Fry the pancakes paper thin in a very small frying pan. Do not lay the cakes on one another. Do not fold them.

Serve about 3 to a person.

For the Sauce:

- 1 burner
- 1 souffle pan or flat chafing dish
- 3/8 butter or 16 slices
- 12 teaspoons of sugar
- 3 oranges
- 1 lemon
- 1½ thin pancakes (cold)
- ¾ oz. Cointreau
- ¾ oz. Grand Marnier
- 2 oz. brandy

Have soufflé pan heated. Melt butter and sugar. Mix well together. Add 3 orange peels and 1 lemon peel. Allow to simmer approximately 5 minutes. Add the slices of 3 orange peels and 1 lemon peel. Allow to simmer now about 20 minutes until peel is very soft. Remove the peels with a fork.

Place 3 very thin pancakes in sauce allowing them to absorb it then fold each cake in half then in half again. Repeat process until 12 cakes are folded in pan. Pour the Cointreau evenly then the Grand Marnier over the cakes. Lastly pour the brandy. Tilt the pan slightly and move rapidly but gently back and forth over the flame until the liquor ignites. Then level the pan and continue forward and backward movement until flame on cakes dies.

Serve the cakes, 3 to a person and pour the balance of the sauce over each serving.

Eggs Hussarde

On a base of Holland Rusk, place a slice of grilled ham. Top with Marchand de Vin Sauce. Next place a nice slice of grilled fresh tomato and top it with a soft cooked poached egg. Crown with rich golden Hollandaise Sauce.

Hollandaise Sauce

Beat 4 egg yolks, adding juice of one lemon. Cook in double boiler and add 1 lb. of melted butter. Use very low fire. Cook sauce until thick. Add salt to taste. Use a wooden spoon for stirring. Do not allow water in pot to boil.

Marchand De Vin Sauce

Combine 4 oz. each of chopped mushrooms, ham and consomme. Add ½ bunch of shallots chopped fine and 1 onion chopped fine. Thicken with a little flour and add 4 oz. of red wine. Cook for ½ hour or so, after seasoning to taste.

Eggs St. Denis

On a base of Holland Rusk place a slice of grilled ham. Add an egg that has been fried in deep fat. Cover all with Marchand de Vin Sauce.

Bananas Foster

2 pats butter
2 teaspoons of brown sugar
1 dash cinnamon
1 banana

Cut the banana in 4 pieces and cook in sugar and butter. Sprinkle with Cinnamon. When the banana is tender, pour about 1 teaspoon of Banana Liqueur and 1 oz. Rum over it then flame.

Eggs Sardou

On the base of creamed spinach, place 2 artichoke bottoms. Fill these with poached eggs and cover all with Hollandaise Sauce.

Eggs Benedict

Place 2 slices of Holland Rusk on plate. On rusk put slice of grilled ham and soft poached egg. Cover with Hollandaise sauce. Add a slice of truffle and garnish with sprig of fresh parsley. Serve two to a person.

Greek Dalmades

(Serving for eight)

Onion, 1
Celery heart, 1
Parsley, 3 sprigs
Choice ground beef, 2 pounds
Rice, uncooked, 2 cups
Eggs, 2
Nutmeg, 1 pinch
Butter, ¼ pound
Water, 1 quart
Grape leaves or cooked cabbage leaves
Salt and pepper to taste

Boil rice. Chop onion, celery, parsley and mix with the beef. Season and add cooked rice and eggs. Make meat balls (one and a half inch) out of the mixture and wrap in grape leaves or cooked cabbage leaves. Place in pot with butter and a quart of water and boil under slow fire for a half hour.

Sauce

Egg yolks, 3
Starch, 1 tablespoon
Water, 2 tablespoons
Lemons (juice), 3

Combine the ingredients with the juice from the dalmades and pour over the wrapped meat balls before serving.

Beef Taco

Boil two pounds of ground round steak in water. When cooked, add:

Cooking oil, 1 teaspoon
Onion, chopped, 1 tablespoon
Garlic, dash
Comino seeds, ground, ½ teaspoon
Orinos, ½ teaspoon
Chili pepper, hot green, ½ teaspoon
Black pepper, dash
Salt, ½ teaspoon
Tomato sauce, 1½ cups

This mixture is used as stuffing for fried tortillas. The tortilla is prepared as follows:

Cornmeal, sifted, 2 cups
Salt, 1 tablespoon
Lard, 1 tablespoon, mixed with enough water added to make the dough thin

Roll out to an eighth of an inch thickness and cut about the size of a saucer. For frying tortillas, use sufficient oil or fat to float them in the pan. Double them over once during frying and cook until crisp. Stuff each tortilla with several tablespoonfuls of the meat mixture and top with shredded lettuce.

Chicken Sauce Piquante

Chicken, large, 1
Tomatoes, 1 can
Mushrooms, 1 can
Peas, 1 can
Cooking oil, 2 tablespoons
Flour, 4 tablespoons
Onions, large, chopped, 4
Garlic, ½ clove
Red pepper and salt to taste
Water

Brown flour in oil; add onions and cook to a golden brown. Add tomatoes. Fry several minutes; add chicken cut in pieces and enough water to make gravy. Cover and cook slowly until chicken is very tender. Just before serving add mushrooms and peas.

Meat Soufflé

Cold meat, 1 cup
Butter, 2 tablespoons
Flour, 2 tablespoons
Milk, cold, 1 cup
Eggs, separated, 2
Salt and pepper to taste

Make a roux—add the flour to the melted butter and stir until browned. Gradually add the cold milk. Stir until it boils. Add salt, pepper and meat; boil. Add beaten egg yolks. Cook a few minutes and set to cool. Fold in beaten egg whites when mixture is cold. Turn into a buttered dish and bake in a moderate oven about 20 minutes. Serve immediately with a little nutmeg sprinkled on top.

Chicken Fricassee

Hen, large, 1
Onions, large, chopped, 3
Lard, 1 tablespoon
Flour, 2 tablespoons
Salt and red pepper to taste
Green onion tops and parsley
Mushrooms, 1 can (optional)

Cut chicken in serving pieces. Brown chicken in hot lard; remove from pan and add flour. Stir until roux is light brown; add onions and fry until browned. Add chicken and about 1 quart of boiling water. Cook until chicken is tender. Season with salt and pepper; add onion tops and parsley and mushrooms. Stir as stew thickens to prevent burning.



CANAL STREET — NEW ORLEANS



Galatoire's

One of the oldest of the Creole-French restaurants in New Orleans, Galatoire's is in the Vieux Carré section, contributing to the city's world-wide fame as a gourmet's paradise. No reservations are taken and the long line of patrons waiting for tables is a familiar and unusual sight. Visitors should not overlook this most excellent establishment.

An Original Recipe

Trout Marguery

Trout Olive Oil, 5 tablespoons Water, 1 cup
Salt Pepper

Tenderloin the trout, skin, fold it. Place in a pan, add five tablespoonsful of olive oil and a cup of water, season with salt and pepper. Bake in a hot oven until cooked.

SAUCE

Egg yolks, 2 Butter, ½ pound Juice of 1 lemon
Salt Pepper Cayenne pepper
Lake shrimp, 12 sliced Mushrooms, ½ can, sliced Truffles, 2 sliced

Add beaten egg yolks to melted butter in a double boiler. Stir over low fire until thick, and season with lemon juice, salt and pepper, and a pinch of cayenne pepper. Add shrimps, mushrooms, and truffles. Dress fish on platter and pour sauce over it.

FILLET OF SOLE

Sole, large, 1 Flour, tablespoon
Oysters, 6 Cream, ¾ cup
Shrimps, 6 Bread crumbs, ½ cup
Mushrooms, sliced, 2 Lemon, ½
Butter, 2 ounces Salt and pepper

Fillet sole, skin, season and sprinkle with lemon juice. Fold and place in buttered, fireproof baking dish. Arrange oysters and shrimp on top. Add mushrooms sautéed in butter. Mix flour with one tablespoon of butter in small saucepan. Heat thoroughly, then add cream. Cook until thick. Pour over sole and sprinkle with bread crumbs. Dot with butter and bake in moderately heated oven until nicely browned and done (about 20 minutes). Serving: 2.

FLOUNDER ON PAPIER D'ARGENT (Serving for one)

Filet of flounder, ½ pound Bay leaf, 1
White wine, 1 ounce Celery leaf, 1
Beef consomme, 1 ounce Egg yolk, 1
Salt, pepper, chopped parsley

Mix white wine and beef consomme, add bay leaf and celery leaf and poach flounder filet briefly in this liquid. Spread 12-inch square of aluminum foil in bottom of another pan and place poached flounder on it. Thicken liquid in which flounder was poached with egg yolk, salt, pepper and chopped parsley and pour over flounder. Fold tinfoil about filet, pinching ends together to form tight seal. Bake in hot oven for ten minutes and serve filet wrapped in tinfoil.



THE ROYAL FLOAT OF PROTEUS, CARNIVAL PARADE, NEW ORLEANS, 1956.



Special Seafood Recipes by

The House of Kambur

James Kambur & Co., Inc., is one of the oldest and largest seafood houses in New Orleans, supplying the local market, and shipping to many cities throughout the world. There is no kind of fish, whether from the lakes, the sea, or the rivers and bayous of Louisiana which this seafood house cannot furnish. Oysters, one of its specialties, are shipped all over the world—and so are salt water fish or fresh water fish or crabs, crabmeat, shrimp, lobster, crawfish or frogs.

Here you can buy the famous gumbo-filé which makes Louisiana's gum-bos so delicious.

James Kambur, who has made a study of the seafood business for nearly 40 years, is an outstanding authority on the subject.

This great seafood house supplies fish of any kind packed in a number of ways: fresh, frozen, salted, and dried.

SHRIMP AND OTHER SHELL FISH

Shrimp, because they are so rich in food value, are among the most popular of seafood products. They are available either fresh from the waters of Louisiana (iced), packed in cans, frozen in boxes, smoked or sun-dried. For cooking in any style they are as good in one package as in another. The canneries are under the direct supervision of the United States Food and Drug Administration, which maintains inspectors to examine the raw shrimp before peeling, to check the processing time and the sanitary conditions of the plants.

The largest catch is landed in Louisiana, mainly at New Orleans and Houma, where large processing plants are located. From these plants shipments are made to all parts of the world.

Oysters and other shellfish in great quantities are shipped from Louisiana to all parts of the country.

In the following pages are the best of carefully selected recipes for shellfish.

Shrimp Remoulade (6 persons)
3 pounds of boiled seasoned peeled lake shrimp

2 hard boiled eggs, minced very fine
 Make a vinaigrette sauce, one teaspoonful of salt, also one teaspoonful of pepper and one spoonful of creole mustard, 1/2 pint of olive oil, 1/4 of a pint of vinegar.

Mix all well in a bowl, then put the shrimp in the sauce. After that is well mixed dress lettuce on plate, put the mixture on the lettuce, tomatoes around and serve.

Oyster Rockefeller Sauce

1 bunch of green spinach
2 bunches of green onions
3 bunches of green celery

1 bunch of parsley and one head of green lettuce

Chop all together very fine and mix one pound of butter and one handful of fine bread crumbs to thicken mixture.

Three tablespoons of Worcestershire Sauce and one spoonful of Anchovy Sauce.

Season with salt and McIlhenny Tabasco Sauce, also two ounces of absinthe if available.

Put this butter sauce over your oysters that are on half shell. Cover with grated parmesan cheese and fine bread crumbs. Bake in a hot oven until brown. Serve hot.



Culling and assorting. These fishermen are grading the oysters as to size.

Oysters are Good in Summer

OYSTERS BIENVILLE

1 dozen oysters on half shell	1/2 cup shrimp, chopped
1 bunch shallots, chopped	1/3 cup mushrooms, chopped
1 tablespoon butter	1 egg yolk
1 tablespoon flour	1/3 glass white wine
1/2 cup chicken broth	Ice cream salt

Place ice cream salt in pie plate or layer cake pan. Place oysters on half shell on salt. Bake oysters in 350° F. oven until partially done—about 6-8 minutes.

Sauce: Fry shallots in butter until brown. Add flour, and heat until brown. Add chicken broth, shrimp, and mushrooms. Beat egg yolk with wine and slowly add to sauce, beating rapidly. Season to taste. Cook for 10 to 15 minutes over simmer flame, stirring constantly. Pour sauce over each oyster; cover with bread crumbs, paprika and grated cheese mixed. Place in oven to brown, about 12 minutes.

When baking fish, put a piece of cheese cloth in the baking dish and lay the fish on it. When you're ready to take it out of the oven, you can turn it over easily onto the platter without the fish breaking.

FRIED OYSTERS

Pick over oysters removing bits of shells and place in colander to drain. Roll each oyster in seasoned cornmeal and fry in deep hot fat, cooking only a few at a time, until brown. Drain on absorbent paper.

OYSTERS BROCHETTE

12 oysters 12 slices bacon

Drain and wrap each oyster in a slice of bacon, using wooden toothpicks as skewers. Place in pan in 350° F. oven and bake until bacon is done. Serve on toast.

TROUT MARGUERY

3 pounds tenderloin of trout	Juice of 1/2 lemon
3 tablespoons olive oil	Salt, pepper and paprika to taste
2 egg yolks	1/2 cup sliced mushrooms
1 cup melted butter	1/4 cup oyster liquor
20 cooked shrimp, chopped	1 tablespoon flour
1/2 cup cooked crabmeat	2 tablespoons water

Place fish in pan, add olive oil and bake at 375° F. for 30 minutes. While fish is cooking make Hollandaise sauce. For the sauce beat egg yolks well. Pour melted butter into yolks very slowly, stirring until it thickens. When thick add lemon juice, flour, water, salt, pepper, paprika, shrimp, crabmeat, mushrooms and oyster liquor. Heat thoroughly. Place fish on platter, add oil to sauce, mix and pour over fish.

BROILED FLOUNDER

4 1 1/2-pound flounders	1/2 cup finely chopped green onion tops
3 tablespoons minced parsley	1/2 cup finely chopped celery
1/4 cup chopped green pepper	1/2 clove garlic, minced
3/4 cup melted butter	Salt and pepper
1 cup fine bread crumbs	Lemon slices

Remove or leave on head, as desired. Mix all seasonings together with melted butter and pour over each flounder. Place fish on broiler rack with the under-skin side 3 inches from flame and broil for about 10 minutes. Remove from flame, sprinkle bread crumbs over fish. Baste with drippings, put back in broiler and broil 3 minutes longer. Serve garnished with lemon slices. Serves 4.

TROUT AMANDINE

6 fillets of trout	1/2 cup sifted flour
1 cup milk	1/4 cup butter
1 teaspoon salt	1/2 cup chopped almonds
1/8 teaspoon black pepper	

Dip fillet in milk, season with salt and pepper then roll in flour so entire fillet is well coated. Melt butter in skillet and cook fillets, browning evenly on both sides. Remove fish from skillet, add chopped almonds and saute. Sprinkle thickly over the fish.

Shrimp Canape

Bread, rounded slices, toasted, 4
Anchovy paste, 1/2 teaspoonful
Butter, 1 tablespoon
Shrimps, minced, 4 tablespoons
Peppers, red and green, minced, 1/2 teaspoon of each
Apple, chopped fine, 1 teaspoon
Mayonnaise, to bind
Tomato, thin slices, 4
Egg, hard-boiled, 1

Work anchovy paste into butter and spread on toast. Mix shrimps, peppers and apple. Bind with mayonnaise, cover slices of tomatoes and lay same on toast. Chop egg, white and yolk separately, and use for decorating. Servings: 4.

Fried Shrimp

Fresh shrimp, 2 pounds
Egg, 1
Water, cold, 1 tablespoon
Salt and pepper
Dry crumbs (or cornmeal or flour)
Lemon juice (2 tablespoons to 1 pound shrimp)
Cooking oil

Boil shrimp and peel. Sprinkle with salt and pepper and a little lemon juice. Let stand 15 minutes.

Beat an egg slightly with a fork; add 1 tablespoon of water. Prepare fine dry bread or cracker crumbs; cornmeal or crushed ready-to-eat cereal flakes may be substituted. Divide the crumbs into 2 separate dishes. Dip the shrimps in crumbs, then in eggs, then again in crumbs; or dip first in flour then in egg and crumbs.

Brown in a small amount of fat or fry in deep hot fat until browned. Drain on absorbent paper.

Stuffed Crabs

Crab meat, 2 cups
White sauce, 2 cups
Pimento, 1
Green pepper, 1
Parsley, chopped, 1 teaspoon
Worcester sauce, 1/2 teaspoon
Lemon, thin slices, 2
Cheese, grated, 1 cup

Place ingredients in a pudding dish. Sprinkle grated cheese after tasting to ascertain if the seasoning is sufficient. Bake in moderate oven about 30 minutes.

Shrimp Creole

Bacon drippings, 4 tablespoons
Onions, medium sized, 2
Pepper, green, 1
Celery, 1 1/2 cups
Tomatoes, can, 1 quart
Tomato paste, 3 tablespoons
Salt and pepper to taste
Shrimp, cooked, 3 cups

Cut up onions, green pepper and celery and fry in bacon drippings for 15 or 20 minutes. Add the quart can of tomatoes and 3 tablespoons tomato paste. Let this mixture simmer slowly to a thick consistency for a half to three-quarters of an hour. Add pepper sauce to taste. Fifteen minutes before serving add shrimp that have been freshly cooked and baked. Serve with dry rice.

Fried Soft-Shell Crab

Crabs
Egg, 1
Cooking oil
Water, cold, 1 tablespoon
Dry crumbs or cornmeal
Salt and pepper

Prepare crabs by removing apron (under body); lift up the soft points of the shell and discard spongy substance. Cut out eyes and sand bag between eyes. Wash thoroughly and soak in milk for a short time.

Follow egg and crumb coating direction for *fried shrimp*. Fry in deep fat to a golden brown. The crabs will rise to the top and should be turned while cooking.

Crab Meat Au Gratin

Crabmeat, 2 cups
Onions, minced, 2 tablespoons
Bread crumbs, 1/2 cup
Butter, 1/4 pound
Water, 1/4 cup
Juice of 1/2 lemon
Parsley, minced, 1 tablespoon
Eggs, hard-cooked, minced, 2

Brown onion in butter; add crabmeat, bread crumbs, water and lemon juice. Cook 15 to 20 minutes. Add parsley, hard-cooked eggs, and put into shells or baking dish. Sprinkle with bread crumbs. Run in oven a few minutes before serving. Yield: 8 servings.



The French Market at New Orleans is near the bank of the Mississippi River. This spot, according to tradition, was from time immemorial a trading post of the Indians. Some time after New Orleans was settled the French established at the same place a Halle des Boucherie. In 1791 the Spanish erected a building, a part of which is standing today. Later, in 1813, new buildings were constructed. At this famous market today there are many stands for green grocers, fish dealers, butchers, fruit vendors and trinket vendors. There are also restaurants and coffee stands which never close. It is the custom of New Orleans people to visit these coffee stands after the balls. During the Carnival season crowds in full dress are seen there drinking coffee and eating doughnuts.

Turtle Soup

Turtle meat, 1½ pounds
Flour, 1 tablespoon
Lard, 1 tablespoon
Onion, chopped very fine, 1
Tomato sauce, 1 can
Stock (water in which turtle was boiled)
Eggs, hard cooked, 2
Olive oil, 3 tablespoons
Cloves, ground, 1 teaspoon
Cinnamon, ground, 1 teaspoon
Nutmeg, ½ teaspoon
Wine, 1 glass
Lemon, sliced, ½
Garlic, chopped very fine, 3 cloves

Clean and cut turtle in small pieces. Boil in salt water until very tender. Cut in smaller pieces when removing bones. Make a roux (brown flour in lard); chop onion very fine and brown in roux.

Mash two hard-cooked egg yolks with the olive oil. Add cloves, cinnamon, and nutmeg. Blend these ingredients well and pour into the tomato gravy. Then pour tomato gravy into pot containing meat and stock. Boil about 40 minutes. Add wine, lemon and garlic; simmer 20 minutes longer. Add cooked whites of egg sliced thin. Season to taste.

Cream of Split Pea Soup

Green split peas, 1 cup (8 ounces)
Water, 1 quart
Onion, 1 medium
Rich milk, 1 quart OR
Rich milk, 3 cups &
Ham stock, 1 cup
Butter, 3 tablespoons
Flour, 2 tablespoons
Salt, 2 teaspoons
Celery salt, 1 teaspoon
Onion salt, 1 teaspoon
Bay leaf (optional)
Nutmeg, dash

Pick over peas and wash. Soak in 1 quart cold water over night or soak in warm water several hours. Simmer with onions in same water until peas are tender. Press through purée sieve or fine food chopper. Add milk. Heat. Mix butter, flour, and seasonings and stir into soup until well blended. Remove bay leaf before serving. Serve very hot with dashes of nutmeg. Makes 2 quarts.

Borsch Soup

Beets, shredded, 2 cups
Carrots, chopped, 1 cup
Onion, chopped, 1 cup
Butter, 1 tablespoon
Beef stock or consomme, 2 cups
Cabbage, shredded, 1 cup
Lemon juice, 1 tablespoon
Sour cream, thick, ½ cup

Cook beets, carrots and onion in boiling salted water to cover 20 minutes. Add butter, stock and cabbage; cook 15 minutes. Add lemon juice; pour into bowls. Top with spoonful of sour cream. Serves 6.

Clam Chowder

Salt pork, about ½ pound
Onions, good sized, 4
Green pepper, 1
Datyl pepper, 1
Garlic, 1 clove
Lemon, ½, plus grated peel
Potatoes, medium sized, 2
Tomatoes, 1 No. 2½ size can
Bay leaves, 3, fresh or dried
Lea and Perrins sauce, 1½ tablespoons
Tabasco sauce, ½ teaspoon
Heinz catsup or chili sauce, ½ cup
Sugar, 1½ tablespoons
Clams and clam juice, 1 quart

Dice salt pork and saute over low fire. Add chopped onions, Datyl pepper, pepper and garlic. Cook until delicately browned. Add tomatoes, lemon juice plus grated peel and seasonings; bring to slow boil. Add diced potatoes and cook until tender. Add finely chopped clams (chopped by hand, not with meat chopper), and juice. Simmer for at least 20 minutes and serve.

Chicken Okra Gumbo

Chicken, cut, 1
Okra, sliced, 1 pound
Onions, large, sliced, 2
Fat, 2 tablespoons
Water, 2 quarts
Salt and pepper to taste

Cut chicken in pieces and fry (without flour) until browned. Remove from the frying pan. Add okra and onions, stirring often to prevent burning, and cook until okra ceases to rope. Add chicken and water and cook until chicken is tender. Serve with rice.

Oyster Bisque

Oysters, shelled, 1 pint (about 2 dozen)
Water, 2 cups
Onion, 1 slice
Celery, sliced, $\frac{1}{3}$ cup
Parsley, chopped, 1 sprig
Bay leaf, small piece
Mace, pinch
Salt, 1 teaspoon
Butter, 3 tablespoons
Flour, 3 tablespoons
Milk, 3 cups
Cream, $\frac{1}{3}$ cup (optional)
Tabasco sauce

Clean and pick over oysters, reserving liquor; separate soft portions from hard muscles and put hard parts through food grinder or chop very fine.

Place chopped hard portions in saucepan with oyster liquor, water, onion, celery, parsley, bay leaf and mace. Bring to boil; reduce heat; cover and simmer about 30 minutes; press through a sieve; add salt.

Make a white sauce* of the butter, flour and milk; add to oyster stock.

Just before serving, add soft portions of oysters, cream and a dash of Tabasco sauce; heat.

Gradually stir in milk and return to heat. Cook, stirring constantly until thick and smooth.

Sprinkle each serving with paprika or chopped parsley if desired. Makes 4 to 6 servings.

*White Sauce: Melt butter over low heat; add flour, salt and pepper; stir until well blended. Remove from heat.

Cream of Spinach Soup

Butter, 4 tablespoons
Flour, 4 tablespoons
Salt, $\frac{1}{2}$ teaspoon
Pepper, $\frac{1}{4}$ teaspoon
Nutmeg, $\frac{1}{8}$ teaspoon
Onion salt, $\frac{1}{2}$ teaspoon
Celery salt, 1 teaspoon
Milk, 2 cups
Chicken stock, 1 quart
Spinach, sieved, 1 cup

Make sauce of butter, flour, seasonings, and milk. Add hot chicken stock and spinach. Heat to boiling point. Serve topped with salted whipped cream, sprinkled with chopped parsley. Serves 10.

Cream of Potato Soup

Potatoes, pared and sliced, 2 cups
Onion, minced, 1 medium
Water, 2 cups
Salt, $\frac{1}{2}$ teaspoon
White pepper, $\frac{1}{16}$ teaspoon
Onion salt, $\frac{1}{2}$ teaspoon
Celery salt, $\frac{1}{2}$ teaspoon
Cream or top milk, 1 cup
Parsley or chives, finely minced, 1 teaspoon
Butter, 1 tablespoon

Cook potatoes, onions, and seasonings in the water until tender. Mash well in water in which they are cooked. Add cream, parsley and butter. Heat to boiling point. Serves 3 cups.

Petite Martite

Fat, 3 tablespoons
Lean beef, cut in small cubes, $1\frac{1}{2}$ pounds
Marrow bone, 1
Veal knuckle, 1
Small fowl, cut up, 1
Cold water, $3\frac{1}{2}$ quarts
Bay leaf, 1
Cloves, 2
Peppercorns, 4
Thyme, $\frac{1}{4}$ teaspoon
Carrots, diced, 1 cup
Turnips, diced, 1 cup
Onion, chopped, $\frac{3}{4}$ cup
Leeks, white portion, chopped, $\frac{1}{2}$ cup
Celery, sliced, $\frac{1}{2}$ cup
Cabbage, shredded, 1 cup
Salt, 1 tablespoon

Heat fat in skillet; add beef and cook until browned.

Place beef, marrow bone (tied in muslin or cheesecloth bag), veal knuckle and fowl in kettle; add cold water and seasonings; bring slowly to boil; remove scum. Cover and simmer gently about 3 hours; strain, reserving meat and bones; return stock to kettle.

Add vegetables and salt; boil gently about 20 minutes or until vegetables are tender.

Remove meat from veal knuckle and fowl; dice and return with beef to the hot soup stock.

Serve in soup bowls or earthenware marmites. For an accompaniment spread hot toast rounds with marrow scraped from the cooked marrow bone. Makes about 6 servings.

COURTBOUILLON OF RED FISH

1 6-pound red fish	4 green peppers, chopped
$\frac{1}{2}$ cup salad oil	4 shallots, chopped
$\frac{1}{4}$ cup flour	1 clove garlic, sliced
2 large onions, sliced	1 glass claret wine
$2\frac{1}{2}$ cups canned tomatoes	1 cup water
2 bay leaves, chopped	2 thin slices lemon
$\frac{1}{4}$ teaspoon allspice	1 teaspoon parsley
	1 teaspoon port wine

Slice red fish across the backbone in slices 3 inches wide. Make roux with salad oil, flour; add onions and brown. Add tomatoes; cook 5 minutes. Add remaining ingredients with the exception of the wine and fish; cook for 30 minutes. Add the sliced fish and simmer for 20 minutes. Add wine, allowing mixture to again come to a boil and serve. Serves 8.

OYSTER GUMBO

4 dozen small oysters and liquid	$1\frac{1}{2}$ quarts hot water
2 large onions or bunch shallots	1 clove garlic, chopped
$\frac{1}{2}$ cup salad oil	1 sprig each thyme, parsley—minced
$\frac{1}{4}$ teaspoon black pepper	1 bay leaf, minced
	2 tablespoons filé
	2 tablespoons flour

Make roux with salad oil and flour. Add onions and fry until brown around the edges. Add garlic, oyster juice (about 1 quart), and remaining seasonings. Do not salt until ready to serve, as oysters require little or no salt. Add hot water, simmer for 15 minutes, add oysters and cook 5 minutes more. Remove from fire and stir the filé powder slowly into gumbo. Serve immediately with cooked rice. Serves 6 to 8. Shrimp gumbo may be prepared in the same manner.



Live Maine lobster, flown direct from the North Atlantic, is one of T. Pittari's famous entrees. He has in the lobby of the restaurant a glass tank full of live lobsters, and customers can make a selection. He specializes, of course, also in the seafoods of Louisiana waters.

Famous Recipes of the Pittari Family, Restaurant Keepers Since 1895

T. Pittari's famous restaurant, located at South Claiborne & Milan Streets, was established in 1895 by Anthony Pittari, an outstanding authority on the fine Italian foods. The restaurant and its famous family recipes were, upon his death, acquired by his nephew, Thomas Pittari, in 1938, who continued to operate it as one of the most excellent establishments of its kind in New Orleans.

With the view of keeping up the restaurant's fine reputation, both Mr. and Mrs. Pittari have made frequent visits to various cities throughout the world to gather the best of all recipes for Italian and French dishes.

Maine Lobster A La Pittari

2 - 2½ Lbs. Lobster, split in half lengthwise

- ½ cup Green Onions, chopped fine
- ½ cup Celery, chopped fine
- 2 cloves Garlic, chopped fine
- ¼ cup Parsley, chopped fine
- ½ cup Cooked Shrimp, chopped
- ½ cup Fresh Lump Crabmeat (Back Fin)
- 2 cups Bread Crumbs
- Salt & Pepper

Pour olive oil into skillet and heat. Add green onions, celery and garlic. Marinate until soft, not brown. Add chopped shrimp, let simmer until cooked, stirring to keep from sticking. Add lump crabmeat and stir gently. Salt and pepper to taste. Let simmer about 20 minutes.

Parboil lobsters 2 minutes to the pound, clean cavity in the head, fill with dressing and sprinkle lightly with paprika. Brush the entire lobster with melted butter. Place in

broiler for about 20 minutes. Serves four.

Chicken Tetrizzini

- ¼ lb. Butter
- 1 cup Flour
- 1 qt. Chicken Stock
- 2 Egg Yolks
- ¼ cup Pimento, chopped
- ¼ cup Sliced Mushrooms
- Italian and American Cheese
- Salt and Pepper
- 1 - 4 lb. Chicken (boiled, boned and cut into strips)
- 1 cup Boiled Ham (cut into strips)
- ½ lb. Spaghettini

Put butter in sauce pan and let melt, add flour and cook. Stirring slowly until well blended, without lumps. Make sure flour is cooked. Add chicken stock, mix well, then add egg yolks and stir. Now add chicken, ham, mushrooms and pimentos, stirring to mix all ingredients. Fold in spaghettini that has been freshly boiled. Place in casse-

role dish, sprinkle with grated American and Italian cheese, also melted butter. Bake until cheese is melted golden brown. Serves six.

Stuffed Steak Marinara A La Pittari

- 12 oz. Boneless Strip Sirloin**
- 1 thin slice Prosciutto Ham**
- 1 thin slice Mozzarella Cheese**
- Whole Black Pepper, crushed**

Directions

Butterfly steak and lay open. Place slice of ham and cheese on one side of steak, sprinkle lightly with crushed black pepper. Close steak and grill on both sides until brown.

Marinara Sauce

- 2 cloves Garlic, chopped fine**
- 2 tablespoons Olive Oil**
- 2 cups Whole Canned Tomatoes**
- Salt and Pepper**

Mash tomatoes and place with garlic, olive oil, salt and pepper to taste, in sauce pan, let simmer until all ingredients are cooked. Put steak in baking dish and cover with sauce and let cook until steak is tender. Serve with spaghettini. Serves one.

Stuffed Mushrooms A La Pittari

- 6 Whole Giant Mushrooms**
- 4 oz. Fresh Lump Crabmeat (back fin)**
- 2 oz. Grated Parmesan Cheese**
- ½ cup Bread Crumbs**
- 2 cloves Garlic, chopped fine**
- 2 tablespoons Olive Oil**
- 1 teaspoon Chopped Parsley**
- Salt and Pepper**

Directions

Pour olive oil into small skillet

and heat over low fire. Add bread crumbs and mix thoroughly. Add chopped garlic, salt and pepper to taste, then add crabmeat, mixing gently not to break up lumps of crabmeat. Marinate about five minutes.

Remove stems from mushrooms and stuff cavity with mixture. Bake about 15 minutes at low heat. Serve hot. Serves two.

Stuffed Trout A La Pittari

- 4 Trout Filets (6 oz. each)**
- ¼ cup Green Onions, chopped fine**
- ¼ cup Celery, chopped fine**
- 1 clove Garlic, chopped fine**
- ½ cup Parsley, chopped fine**
- ½ cup Cooked Shrimp, chopped**
- ½ cup Fresh Lump Crabmeat (back fin)**
- 1 cup Bread Crumbs**
- Salt and Pepper**

Directions

Pour 2 tablespoons of olive oil into skillet and heat. Add green onions, celery and garlic. Marinate until soft but not brown. Add chopped shrimp, let simmer until cooked, stirring to keep from sticking. Add lump crabmeat and stir gently, not to break up lumps of crabmeat. Salt and pepper to taste. Let simmer about 20 minutes.

Put dressing between two trout filets that have been seasoned with salt and pepper. Dust stuffed trout lightly with flour and brush with melted butter. Place in broiler to brown slightly on both sides, then place in baking dish with a very small amount of water, brush again with melted butter and bake in oven at 350 degrees until cooked. Place on plate and pour melted butter and lemon juice that has been blended together over the trout. Serves two.



Recipes from Tujague's

The building in which the famous TUJAGUE'S RESTAURANT is located, at the corner of Decatur and Madison Streets, is older than the City of New Orleans, for it was constructed long before 1718, and was used during the Spanish Regime as an arsenal. The restaurant was established there in 1856. The first patrons were the butchers of the French Market, who went there for their second breakfast at eleven o'clock.

The meals, cooked in exquisite French style, were so delicious that people all over the city heard about them and went to eat there. And now for more than a hundred years TU-

JAGUE'S has been one of the famous French restaurants of New Orleans, operated by generations of the same remarkable family.

There is a fixed selection of dishes for every day in the week, but one of the dishes is always a slice of boiled beef (soup meat) with a hot mustard sauce (for that is a TUJAGUE specialty). Often it is Madame herself who brings her delicious dishes to your table, topped off with café noir in a thick liquor glass.

TUJAGUE'S has, in addition to the main dining room, three upstairs rooms for private parties. It is customary for patrons to stop in at the bar to pass the time of day with M. Philip Guichet and M. John Castet, who are excellent hosts. After a highball or cocktail you feel relaxed and you are ready to enjoy the kind of meal that TUJAGUE'S serves.

Tujague's Boiled Beef

Short ribs of beef (3 or 4 lbs.)

- 1 onion**
- 2 carrots**
- 2 celery stalks**
- 3 parsley sprigs**

Into a large soup pot put 2 quarts of water. Add the meat which has been cut into good sized pieces when the water boils. Add the seasonings and 2 teaspoons of salt. Boil this for 2½ hours. Remove meat from water and before serving be sure to remove the bone. Serve with: Tomato Horse radish Sauce.

Tomato Horseradish Sauce

- ½ cup tomato ketchup**
- 2 teasp. horseradish**
- 1 teasp. vinegar**
- ¼ teasp. salt**

Mix these ingredients together and chill until ready to use.

To be used with boiled beef.

Stuffed Artichokes

To stuff 4 medium artichokes:

First. Cut stems. Cut ends of sticky leaves, and soak in salt water for about ½ hour.

While artichokes are soaking in salt water, make stuffing; grate about 40¢ worth of Italian cheese, mix in about 2 cups of bread crumbs; chop garlic, (about 4 cloves) fine black pepper to season. No salt, as the Italian cheese is salty enough. Put the stuffing in between artichoke leaves; put artichokes in

deep pot with a half cup of water on bottom of pot. Add olive oil between leaves, and let some oil fall in water. Cook on low flame until leaves fall apart and are tender when tasted.

Recipe for Sauce for Italian Spaghetti and Meat Balls

For a serving of 4. One pound of choice ground beef. Have meat ground twice. Salt ground beef to taste. Two cloves of garlic chopped fine. One tablespoon of bread crumbs (Bond bread crumbs can be purchased in box, already prepared.) About two tablespoons of grated Italian cheese. Break five fresh eggs into ground meat, with about three sprigs of parsley, chopped fine. Wet hands to shape meat balls any size desired. Put the meat balls in a skillet with warm Wesson Oil, under low flame. Brown meat balls all over. After all are brown put in deep pot. Use some oil in meat ball skillet to brown about three cloves of chopped garlic. Eight onions. One onion very finely chopped. Do not brown this too much, about medium. Put about 1½ cans of Italian tomato paste into this, all the time cooking on low flame. Stir tomato paste and onion and garlic for about three minutes. Add about three cans of water. Slowly keep stirring sauce in skillet for about five more minutes. Then pour sauce from skillet into pot which has the meat balls. Add one teaspoonful of sugar to sauce, and one half teaspoon of salt; one fourth teaspoon of black pepper. Put pot with Italian sauce and meat balls on low flame; let simmer until meat balls are thoroughly cooked.

If this recipe is followed closely, one will have the finest Italian meat ball sauce ever prepared.

Now to prepare spaghetti, bring to a boil about three quarts of water, using a tablespoon of salt in the water. Let water boil about three minutes; then use one pound of spaghetti, broken in half. Cook this spaghetti until it is done to suit taste. Take spaghetti pot off stove; pour cold water over spaghetti, so every strand will separate; sift spaghetti in colander; pour sauce in dishes to serve; pour Italian meat ball sauce over warm spaghetti; grate about one tablespoon of Italian cheese over each plate of spaghetti.

This will prove to be a delightful dish to anyone who likes Italian dishes.

For spaghetti and daube prepare sauce as for meat ball sauce. Before browning about a 4 lb. piece of veal or beef daube, insert pieces of garlic into slits made with a knife all around daube. This adds to flavor of meat, and meat sauce. Then brown daube all over. Put daube in all ready prepared meat sauce, that's been prepared just like meat ball sauce. After well browned, put in a deep pot and pour Italian sauce over it. Let daube and sauce cook on low flame till meat is done. You can use either beef daube or veal. Beef gives a better flavor to Italian sauce, but takes longer to cook than veal. Use whichever grade of meat one likes.



Selections From Maylie's Table D'Hote Recipes

About 90 years ago Bernard Maylie and Hypolite Esparbé had a coffee stand in the Poydras Market. Their patrons were butchers, milkmen, and the various green grocers who sold their produce there. The coffee stall was profitable, and in 1876 the Messrs. Maylie and Esparbé moved into a spacious building across the street, the present location of Maylie's Restaurant. The building had previously been used as a saloon and billiard room.

Mr. Esparbé was married to a young lady of France, the daughter of Inn keepers. Later Mr. Maylie visited France and while there married Mrs.

Esparbé's sister. He took her back to New Orleans with him. She and her sister knew all about French cookery, and they were of great assistance in making Maylie's Restaurant a famous institution. You will hardly find a business man in New Orleans who will not say, if asked, "Oh, yes, I have eaten at Maylie's."

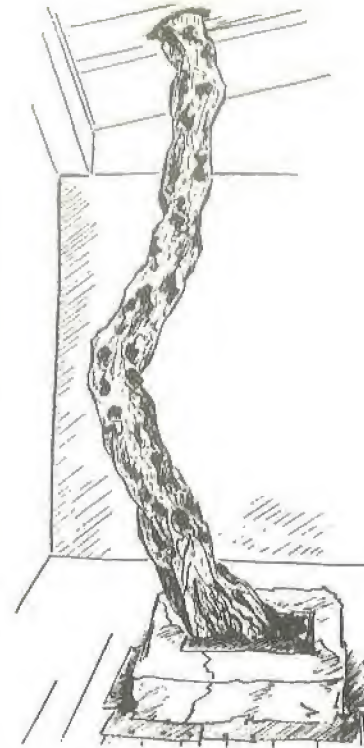
Maylie's is now operated by the descendants of the founders.

The Famous Wisteria

As the business progressed there was naturally a need for more space. The building next door was purchased, and was to be joined to the present restaurant. But alongside of the restaurant grew a wisteria vine, which even then was of tree-like bulk with stems running around both buildings, and which showered fragrance over the entire market section when the lavender blossoms came out in the spring. Mrs. Esparbé, who loved flowers, could not bear to see the wisteria destroyed. She had taken especially good care of it. In order to satisfy her the buildings were joined together by a glass roofed enclosure with a hole through which her beloved vine could continue to grow and spread.

For more than 75 years this famous wisteria vine has been growing through the roof of Maylie's Restaurant, and twines about the balconies of the building. It is in bloom for several weeks in the spring. This wisteria, the trunk of which is in the very middle of Maylie's Restaurant, is a source of wonder. It uses a full bucket of water daily. Its huge trunk has not been exposed to the sun for more than 40 years, yet it is as green and life-like as possible. The glass through which the vine extends has been cracked many times owing to the growth of the plant.

Those who visit the restaurant for the first time are asked to make a wish on the wisteria vine, and it is said that such a wish is granted.



The Wisteria, Our Spring Glory

PIQUANT SAUCE

So appetizing and delicious is the cocktail sauce served at Maylie's, that visitors almost invariably ask to buy some to take away. Several years ago Mr. Maylié and one of his waiters combined their individual cocktail sauces, thus, the resulting concoction retained the best features of each.

These condiments, spices, ketchup, and horseradish, etc., are blended so that the mixture may be used as a dressing for salads, seafoods or meats as well as a relish on crackers.

It is bottled in pint and quart containers. Guests will find a bottle on each table and one always helps himself without limit.

MME. ESPARBE'S BOILED BEEF OR BOUILLI—Our Specialty

When bouilli is cooked at our restaurant, it is cut into large pieces of about 8 to 10 lbs., but for a small family, buy a piece of beef brisket about four lbs. or more. Do not make the mistake of getting an inferior piece of soup-meat, it must be brisket. To this amount of meat allow about 6 qts. or more water and boil for 4 hours slowly.

This meat is not seasoned. It is suggested that a good sauce can be made by the guest of Creole mustard, horseradish, ketchup, and other seasonings.

ROUX (Brown or White)

1 or 2 tablespoons butter or good lard, 1 or more tablespoons of flour (according to richness desired).

This is the foundation of all sauces. The Creole cook like the French hold that the success of sauces depends upon its brown or white roux. First of all it is well to remember that in making Brown roux, it must never be burnt or over-browned. In making the roux melt the butter or lard slowly and gradually add the flour, stirring constantly till all is a delicate brown, remembering that as other ingredients are added the browning continues. The secret of good cooking lies in the gradual introduction of ingredients and it is a mistake to just throw in the last mentioned. A white roux is made like the brown except that flour and butter is blended together at the same time and not allowed to brown. This roux is used for sauce containing milk and cream.

CREOLE BOUILLABASE

4 or 6 slices each of Red Snapper and Red Fish, 4 large Creole tomatoes or equivalent in can, 1 bell pepper, 2 onions, 1 large bay leaf, 1 large sprig of thyme, 4 allspice, 1 herb bouquet, $\frac{1}{2}$ lemon, 2 tablespoons olive oil, 1 heaping tablespoon of minced garlic and pepper, salt, pepper and cayenne to taste, 1 glass white wine.

Buy fish small so as to have no waste. Cut heads off, rinse and boil in 1 qt. of water, with the bouquet of herbs and a generous slice of onion. Let same reduce to half so as to make a fish stock. Strain and set aside. Rinse whole fish and cut into slices of amount desired. Rub same well on both sides with thyme, parsley, garlic, bay leaf, allspice, which have been minced or ground well. See that every part of fish is well saturated. Heat olive oil in a roomy saucepan so that when placing fish, the slices will lay flat. Mince rest of onion and fry in hot oil. Lay each slice of fish side by side and cover to smother, for about 15 minutes. Turn fish over carefully to fry on other side. Remove same carefully so as not to break slices and set aside to keep warm. Add tomatoes that have been skinned and seeded rings of green sweet pepper, and let fry well. Add thin slices of lemon, hot fish stock, white wine, salt, pepper, cayenne or other hot pepper. Let all boil well until reduced to about half. Lay fish in this gravy, without overlapping and boil about 5 minutes or more. Serve fish on buttered slices of toast and pour sauce over same. Serve immediately or toast will become soggy.

SPANISH COURTBOUILLION

6 or 8 slices of Redfish or Red Snapper, 1 tablespoon of lard, 2 tablespoons flour, 1 large onion, 4 large tomatoes, 1 bell pepper, 1 sprig of thyme, 1 bay leaf, 1 tablespoon minced garlic and parsley, and a piece of hot pepper, 2 pts. of hot water if to be used as a fast day dish otherwise use beef broth, $\frac{1}{2}$ glass of red wine, salt and pepper to taste.

Make a brown roux by heating hot lard into which 1 tablespoon of the flour is stirred. Add minced onion, green pepper seeded and skinned tomatoes, let fry well then pour in the hot water and let come to a boil. Insert all other seasonings. Salt and pepper slices of fish, passed lightly in rest of flour and fry. Place in above sauce, and let simmer with wine for about a half

hour or more. Remove each slice of fish carefully when ready to serve and place on large slices of toast. Pour gravy over all, and garnish with slices of lemon. Serve with mashed potatoes or French fried.

MAYLIE'S RED FISH SAUCE

—Vinaigrette

One 3 or 4-lb. red fish, 1 onion, 2 bay leaves, 1 large sprig of thyme, 1 tablespoon vinegar, 3 or 4 sprigs of parsley, salt and pepper. If ready-made mayonnaise is used omit yellow of eggs and olive oil.

Clean and wash fish, lay in a pan with enough hot water to swim. Slash sides of fish slightly to prevent same from shrinking. Place vegetable, herbs, salt and pepper and vinegar in water. Cover pan and let boil about 10 minutes. When done remove from pan, cool and peel off skin. Serve cold with a vinaigrette sauce as follows:

Boil 3 eggs hard, mash yellows, mix with 6 or 8 chopped shallots, 2 tablespoons vinegar, 6 tablespoons olive oil, 1 tablespoon minced parsley, chopped egg-whites, a few minced olives, salt and pepper to taste.

BROILED POMPANO with DRAWN BUTTER SAUCE

Broil Pompano, after being split down the back and cleaned, seasoned with salt and pepper and rubbed with a generous pouring of sweet or olive oil. A wire broiler is best to use but the fish may be placed in a flat baking pan and put under the flame in a gas stove. When top of fish is browned then place in the top oven a few minutes, as fish cannot be turned without breaking. Place in long platter and pour over drawn butter to which has been added chopped parsley and lemon juice. Serve with puffed potatoes. See page 24.

NOTE:

This is a fish that is peculiar to the Gulf of Mexico and the Louisiana Gulf stream shores. It is a New Orleans fish, known the world over for its delicacy, hence few visitors should leave our Creole City without having tasted it. There is only one way that it is really cooked and that is to broil it. It may be served with several sauces but the most popular is with drawn butter and lemon.

SOUTHERN STYLE, FRIED SPRING CHICKEN a la Lula

2 spring chickens, 1 cup flour, $\frac{1}{2}$ cup sweet cream, 1qt. vegetable oil, salt and pepper to taste.

Clean chickens and quarter. Place on ice over night. Salt and pepper. Pass in flour lightly and dip in cream then pass lightly in flour again. Fry in hot oil until golden brown. Serve hot with a vegetable.

ROASTED CAPON OR TURKEY with CHESTNUT and PECAN DRESSING

1 capon or 1 hen turkey, 2 lbs. of chestnuts, 1 lb. of fat pecans, lard, salt and pepper to taste.

Clean and prepare fowl for stuffing. Salt and pepper, in and out. Have ready chestnuts and pecans to fill bowl. Close craw and trunk and lard bird well. Place in a baking pan. Baste often, turning now and then. To prepare the chestnuts do as follows: Rinse chestnuts. Slash each one and put into cold salted water. Let boil until done. Drain and peel as soon as possible so that nuts will be warm to insert with picked fat pecans. The filling will absorb the juice of the steaming inside of fowl. After bird has roasted some pour in a little water to prevent juices from drying. Basting often is important. Bake about 20 minutes to the pound. Serve with a combination salad.

MUSCOVY DUCK or GOOSE ROAST with OYSTER DRESSING

Either of the above fowls when properly prepared is extremely tasty, but they must by all means be young and tender.

To get best results in the preparation, duck and geese should never be scalded to pick the feathers. They should be hand-picked and allow about 20 to 25 minutes cooking for every pound. Stuff with an oyster dressing as follows:

Blanch 4 dozen oysters and chop well. Fry in butter a minced onion with a cupful of minced shallots. Mince well one-fourth of a pound of fat boiled ham and liver from fowl, add to the above. Season with a sprig of thyme, 1 tablespoon of minced garlic and parsley and add chopped oysters. Let all fry well. Add 2 birdseye pep-

pers or equivalent hot pepper, salt and pepper. Now insert a cupful of chopped bread that has been soaked in milk and squeezed. Let all fry thoroughly. Remove from fire a while to cool before beating in 2 or 3 eggs (according to size). Stuff fowl's body and craw and sew both ends up, put into roasting pan rubbing well with lard. Pour in about a half of cup of hot water. Basting often, about 10 minutes apart, will make the fowl juicy.

DAUBE GLACÉ

1 thick beef round, about 3 lbs., with bone, 2 pigs' feet, 2 calves' feet, 6 or 8 shallots, 3 cloves of garlic, 1 large sprig of thyme, 3 or 4 birdseye peppers or equivalent red hot pepper, 1 bay leaf, 2 sticks of celery, 2 carrots, sliced green peppers, 1 tablespoon chopped parsley, 1 tablespoon salt, sliced lemon, 1 glass claret.

Have butcher lard meat with diced squares of fresh pork fat. Put steak to soak overnight in icebox with all seasoning and wine. In the morning put all in a deep pot and cover with plenty of cold water. Insert pig and calf feet and let all come to a quick boil; then reduce heat and simmer 3 to 4 hours until meat and feet are tender enough to remove bones. In the course of simmering, grease will form on top. Remove same from time to time. When done and liquid has reduced enough, remove from fire. Pick out whole carrots, slice and place pieces in bottom of mould. Lift meats carefully and place in mould, place rest of carrot pieces on sides and top. Strain liquid and pour over meat. Sprinkle a little minced parsley and place slices of lemon on top. When cool enough put into refrigerator to congeal.

VEAL BLANQUETTE*

2 lbs. young veal brisket, 1 onion, 1 tablespoon flour, 1 tablespoon minced garlic and parsley, 2 birdseyes, 1 sprig of thyme, 1 teaspoon capers, 2 egg yolks, salt and pepper to taste, 1 pt. stock.

Remove as much bone and gristle as possible from the veal, cut into small pieces and fry well on all sides. Brown flour and onion and insert hot stock and rest of seasonings. Let all simmer slowly until liquid has reduced to about half. Add a little gravy to beaten yolks before inserting same into stew. Do not let cook any more as eggs will curdle.

STUFFED VEAL ROUND à la NOUVELLE ORLEANS*

2 baby veal rounds ($\frac{1}{2}$ -inch thick), 2 onions, 1 small bell pepper, 3 or 4 Creole tomatoes, 1 tablespoon flour, $\frac{1}{2}$ lb. fat boiled ham, 1 tablespoon minced garlic and pepper, 2 sprigs of thyme, three-quarters of a pint of beef stock, 1 cup of stale bread and crumbs, 1 egg, 1 tablespoon grated cheese, 2 tablespoons lard, 2 pieces of hot red pepper, $\frac{1}{2}$ cup of dried mushrooms or equivalent canned, salt and pepper to taste.

Stuff each round with a dressing made as follows: Fry one minced onion in half the lard or butter, add bread and crumbs and $\frac{1}{2}$ of the garlic, parsley, thyme, hot pepper, then ham and let all smother well, stirring to keep from scorching. Remove from fire and let cool somewhat before adding beaten egg and grated cheese, salt and pepper to taste. Place half on each round, roll and tie well to prevent the stuffing from escaping. Fry rounds lightly, and remove from fire. Make a Creole gravy with the flour and other onion, green pepper, tomatoes and mushrooms and seasonings. Smother well then add mushroom liquid and stock and let come to a boil. Insert veal rolls and let simmer for three-quarters of an hour. Stir occasionally. Serve with buttered noodles or cream potatoes.

If dried mushrooms are used, soak in warm water to soften same.

SPAGHETTINI en CASSEROLE à l'ITALIENNE

2 lbs. of chopped veal and pork meat, 1 lb. spaghetti, 1 onion, 1 fried eggplant (in oil), 1 kitchen spoon tomato paste, 1 cup of Italian canned tomatoes, 1 green sweet pepper, 2 birdseyes, 1 cup of mushrooms, 1 tablespoon of minced garlic and parsley, sprig of thyme, salt and pepper to taste, beef stock, grated cheese.

Boil spaghetti (extra fine spaghetti) in salted water until tender but not pasty. Fry separately sliced eggplant and ground meat, that have been salted and peppered. Keep both warm, but off fire. Make gravy while spaghetti is boiling. Saute the minced onion, green pepper, and Italian tomatoes, then mushrooms and tomato paste. Let all smother well then add rest of seasonings and the liquid from the mushrooms and a little beef stock or hot water. Salt and pepper and let boil until gravy is done and thick enough to use. Divide the spaghetti into about three equal

portions. Place first portion in a pyrex dish, then a layer of fried meats, a layer of fried eggplant then part of gravy and grated cheese. Repeat the process and end up by covering with third layer of spaghetti and grated cheese and more gravy. Bake in moderately hot oven for about $\frac{1}{2}$ hour.

MME. ESPARBE'S BEEF DAUBE and MACARONI au GRATIN

3 lbs. beef round from shoulder, 1 small slice of fat salt meat, 1 large onion, 6 young carrots, 2 tablespoons lard, 2 tomatoes, 2 tablespoons flour, 1 bay leaf, sprig of thyme, 1 tablespoon minced garlic and parsley, piece of hot pepper, 2 qts. hot water or stock, $\frac{1}{2}$ glass claret, salt and pepper to taste.

Fry beef round first and remove from pot. Fry salt meat in same lard. Brown flour then chopped onion and seeded and skinned tomatoes and carrots. Add all other seasonings and let smother a while. Insert hot stock or water and let come to a hard boil before returning beef round. Cover well and let simmer for about 20 min. and then turn daube over on other side, cook a little more and add claret. Cover well and cook on slow fire.

MACARONI AND CHEESE

Boil 1 lb. of macaroni until tender but not mushy. Drain and place on a large platter. Stir in butter and grated Swiss cheese and a little Italian cheese. Pour a little of the daube gravy over all and sprinkle fine crumbs on top. Pass in oven a few minutes.

MME. ESPARBE'S BROILED BEEFSTEAK or FILET MIGNON aux CEPES

Cepes are a kind of mushroom, being much larger and flatter. They sometimes come as large as a plate and can be still found in the piney woods of St. Tammany Parish as a rule, but the canned ones are imported from France and being quite expensive are not generally used as much as the mushroom. Mme. always insisted on having her steaks of the best quality, never using anything but the Porterhouse and Tenderloin when she could not get the Filet Mignon. As one still knows, a steak broiled over coals is of a tastier quality and she, having a large Charter Oak stove, the broiling place in front of her stove was in use nearly every day.

BROILED SQUAB ON TOAST

A pair of Squab (young pigeon before leaving nest), sweet oil, lemon, and bacon strips, salt and pepper, bread for toast.

Clean and split birds down the back to make 4 portions. Salt and pepper and saturate with olive oil and lemon juice. Place in flat pan after pinning on bacon strips with tooth picks. Broil on both sides in oven. Toast and butter bread and place squab on same. Serve with shoe-string or french fried potatoes. Garnish with parsley and lemon and serve with a green salad such as roquette or cress.

NOTE:

Dove and spring chicken are also prepared as the above. Small wild birds, too, except that they are left whole.

LEG OF LAMB ROAST (OR BEEF RIB ROAST) AND MINT JELLY

1 lamb leg, a few buttons of garlic, salt and pepper, Mint Jelly, parsley.

Usually, lamb is served in New Orleans as a standing dish for the Easter dinner. Wipe with a damp towel. Insert whole garlic in lamb by making a hole with a pointed knife. Put a button in here and there. Dredge with lard, salt and pepper well. Place in a quick oven and bake, basting every 10 minutes. It should never be too cooked, as Creoles serve it rare. When pricked with a fork if juice runs out, it will be ready to serve. Serve with a mint jelly and its own juice.

Roast beef is prepared likewise, but one must select a full cut of tenderloin of about 4 or 5 ribs. By leaving the bones in the roast the meat will be sweeter. Beef roast should always be rare allowing about 15 minutes to every pound. Serve with its own gravy and Potato Salad.

NOTE:

To avoid shrinkage of roast of any kind, cook same slowly with fat side up. A roast put into the oven before the heat is turned on will turn out better.

CIVET de LAPIN (RABBIT)

A pair of young rabbits, 2 tablespoons flour, 1 minced onion, 2 tomatoes or 2 kitchen spoons of semi-thick tomato paste, 1 bay leaf, sprig of thyme, 1 tablespoon minced garlic and pepper, $\frac{1}{2}$ glass claret, 1 qt. beef stock or hot water, a piece of hot

pepper, salt and pepper to taste. (If possible chives should be used instead of onion.)

Clean and cut rabbits into pieces. Let marinate over night to remove wild taste. Marinate is to steep in liquor made of vinegar sliced onions, bay leaf, thyme, parsley, whole spice, salt and pepper, and hot pepper. When ready to prepare civet, remove rabbit from liquor, rinse and dry, then fry on all sides. Brown onion in flour, then add tomatoes. Let smother well before adding hot stock. Let come to a boil and insert all other seasonings. Cover well and simmer for one hour or more. Pour in wine a short while before serving. Serve with Potato Croquettes.

STEWED CUISSON de CHEVREUIL (VENISON)

Rinse haunch or a piece of venison and marinate just as is done for rabbit. Use same proportions and ingredients and prepare just as for civet, using any style potatoes or rice to go with it.

BAKED MALLARD DUCKS

1 pair of wild ducks, 1 kitchen spoon butter, 4 cloves of garlic and 6 olives, salt and pepper.

Clean ducks and rinse and dry. Salt and pepper well inside and out and place 2 cloves of garlic and 3 olives in each duck with part of butter. Rub a piece of stale crust with garlic and place in opening. Truss and place ducks in baking pan with lard and melted butter on top of birds. Pour over two to four tablespoons water and set in a hot oven and bake about one half hour. Wild ducks should not be cooked dry and so they must be basted.

BRAIZED QUAIL

6 quail, 1 tablespoon minced carrot, 1 tablespoon minced green onion, $\frac{1}{2}$ cup of water, 2 heaping tablespoons of butter, 6 strips of bacon, salt and pepper to taste.

Choose 6 fat quail, clean, singe, truss, and wipe well. Wrap a slice of bacon around each bird and pin with a toothpick. Melt the butter in a saucepan and place quail in same letting them brown slightly. Add minced carrot and onion and let brown also. Insert water and let simmer a little, then set saucepan in oven and cover with buttered paper. Cook for about 20 minutes.

NOTE:

The above three recipes are given for the convenience of those who wish to prepare them at home. Restaurants in Louisiana are not permitted to serve wild game.

Greek Dalmades

(Serving for eight)

Onion, 1
Celery heart, 1
Parsley, 3 sprigs
Choice ground beef, 2 pounds
Rice, uncooked, 2 cups
Eggs, 2
Nutmeg, 1 pinch
Butter, ¼ pound
Water, 1 quart
Grape leaves or cooked cabbage leaves
Salt and pepper to taste

Boil rice. Chop onion, celery, parsley and mix with the beef. Season and add cooked rice and eggs. Make meat balls (one and a half inch) out of the mixture and wrap in grape leaves or cooked cabbage leaves. Place in pot with butter and a quart of water and boil under slow fire for a half hour.

Sauce

Egg yolks, 3
Starch, 1 tablespoon
Water, 2 tablespoons
Lemons (juice), 3

Combine the ingredients with the juice from the dalmades and pour over the wrapped meat balls before serving.

Beef Taco

Boil two pounds of ground round steak in water. When cooked, add:

Cooking oil, 1 teaspoon
Onion, chopped, 1 tablespoon
Garlic, dash
Comino seeds, ground, ½ teaspoon
Originos, ½ teaspoon
Chili pepper, hot green, ½ teaspoon
Black pepper, dash
Salt, ½ teaspoon
Tomato sauce, 1½ cups

This mixture is used as stuffing for fried tortillas. The tortilla is prepared as follows:

Cornmeal, sifted, 2 cups
Salt, 1 tablespoon
Lard, 1 tablespoon, mixed with enough water added to make the dough thin

Roll out to an eighth of an inch thickness and cut about the size of a saucer. For frying tortillas, use sufficient oil or fat to float them in the pan. Double them over once during frying and cook until crisp. Stuff each tortilla with several tablespoonfuls of the meat mixture and top with shredded lettuce.

Chicken Sauce Piquante

Chicken, large, 1
Tomatoes, 1 can
Mushrooms, 1 can
Peas, 1 can
Cooking oil, 2 tablespoons
Flour, 4 tablespoons
Onions, large, chopped, 4
Garlic, ½ clove
Red pepper and salt to taste
Water

Brown flour in oil; add onions and cook to a golden brown. Add tomatoes. Fry several minutes; add chicken cut in pieces and enough water to make gravy. Cover and cook slowly until chicken is very tender. Just before serving add mushrooms and peas.

Meat Soufflé

Cold meat, 1 cup
Butter, 2 tablespoons
Flour, 2 tablespoons
Milk, cold, 1 cup
Eggs, separated, 2
Salt and pepper to taste

Make a roux—add the flour to the melted butter and stir until browned. Gradually add the cold milk. Stir until it boils. Add salt, pepper and meat; boil. Add beaten egg yolks. Cook a few minutes and set to cool. Fold in beaten egg whites when mixture is cold. Turn into a buttered dish and bake in a moderate oven about 20 minutes. Serve immediately with a little nutmeg sprinkled on top.

Chicken Fricassee

Hen, large, 1
Onions, large, chopped, 3
Lard, 1 tablespoon
Flour, 2 tablespoons
Salt and red pepper to taste
Green onion tops and parsley
Mushrooms, 1 can (optional)

Cut chicken in serving pieces. Brown chicken in hot lard; remove from pan and add flour. Stir until roux is light brown; add onions and fry until browned. Add chicken and about 1 quart of boiling water. Cook until chicken is tender. Season with salt and pepper; add onion tops and parsley and mushrooms. Stir as stew thickens to prevent burning.

Pot Roast

Rump of beef, 3 or 4 pounds
Shortening, 2 tablespoons
Onions, large, 3 or 4
Garlic, 8 cloves
Red pepper, 1 pod
Onion tops, chopped, 2 tablespoons
Parsley, chopped, 2 tablespoons
Salt and pepper to taste

Place garlic, onion, salt and pepper in cuts made near the bone and between muscles in roast. Flour roast on all sides and brown thoroughly in hot shortening. Add onions; cover roast with hot water and cook slowly about two hours. Add green onion tops and parsley; cook one hour longer or until very tender.

(The addition of one can of tomatoes, one bell pepper, and twenty drops of tabasco during the last hour of cooking gives the piquant flavor characteristic of Creole Sauce Piquante.)

Breaded Veal

Veal cutlets or round
Egg, 1
Bread or cracker crumbs
Salt and pepper
Garlic, 2 very thin slices (optional)

Cut gristle and outer skin from veal. If rounds are used, cut into pieces for individual servings. Beat egg in a plate; add garlic, salt and pepper. Dip meat in egg, covering both sides well. Then coat each piece with crumbs and fry in hot fat to a golden brown. Drain on absorbent paper and serve.

Liver Dumplings

Calf liver, chopped, ½ pound
Bread, soaked in water and squeezed dry, ½ loaf
Flour, 1 tablespoon
Spinach, fresh, steamed and chopped, ½ pound
Onions, to taste
Parsley, sprig
Eggs, beaten whole, 2
Salt and pepper to taste
Nutmeg
Cayenne pepper

Saute onions in butter with a bit of parsley. Mix all ingredients and form in small oblong balls. Place in boiling salted water and cook until they float

in the water. Then simmer 15 to 20 minutes. Take dumplings out; drain; put in bowl. Heat some butter to make a butter sauce; add chopped onions and brown. Pour over dumplings and serve. Yield: 6 to 8 servings.

Veal with Olives

Veal flank, 1
Boiled ham, 1 slice
Egg, hard-cooked, 1
Onion, minced, 1
Juice of one lemon
Butter, 1 tablespoon
Olives, stoned, 1 to 2 dozen
Bread crumbs, ½ cup

Cut flank into four-inch squares. Chop about one square very fine to give ½ cup chopped veal. Mix with chopped ham, herbs, onion, egg, lemon juice, butter and bread crumbs. Stuff veal squares with mixture, rolling over the ends. Add veal squares to hot melted butter in frying pan. Fry about ten minutes, turning squares. Add soup broth sufficient to cover them. Cover closely and simmer about one hour. Remove squares to a hot dish. Add olives to gravy and pour over veal squares.

Quail on Toast

Quails, 6
Butter, 1 tablespoon
Water, 1 tablespoon
Juice of 1 lemon
Toast, buttered, 6 slices
Salt and pepper to taste
Lemon, sliced
Parsley

Pick, singe, clean and wipe the quails. Butter the inside of each quail and sprinkle with salt and pepper. Rub butter lightly on the outside and wrap a thin slice of bacon around each bird. Melt the butter in the roasting pan. Add birds; cook in oven 20 to 30 minutes. Place birds on hot buttered toast. Add to gravy a little butter, a tablespoon water, and the lemon juice. Cook three or four minutes. Strain and pour over the breasts of the birds. Garnish with parsley and lemon.

Chicken Pago-Pago

Here's a recipe to match all that you've heard of exotic Pago-Pago, by way of California! Take a whole cocoanut and cut off the top with a saw. Be sure to save the cocoanut milk. Wash inside thoroughly. Then take half of a two-pound chicken and fry in butter until done. Have ready some cooked wild rice, cooked fresh peas and cooked oblong shaped carrots in butter. Place wild rice in bottom of cocoanut, then peas and carrots. Remove all bone from the fried chicken and cut in small pieces. Place chicken back in frying pan with a little butter and a half cup of cocoanut milk and let simmer until almost dry. Place morsels of chicken inside the cocoanut on top of the cooked vegetables and pour half a cup of cocoanut milk all over inside of cocoanut and place the cut off lid of the cocoanut in place. Place the cocoanut in a pan with hot water in bottom and cook in medium oven for half an hour.

Steak with Mushroom Gravy

Steak, round or sirloin
Oil, 1 tablespoon
Onion, chopped, 1
Garlic, chopped, 1 clove
Bell pepper, chopped, 1
Tomato catsup, 3 tablespoons
Worcestershire sauce, 1 teaspoon
Mushrooms, 1 can
Parsley, chopped, 1 tablespoon

Pound the steak to break through the connective tissue and make meat tender. Cut off the outer skin and gristle; season on both sides with salt and pepper. Brown the meat on both sides quickly in the hot shortening; continue cooking uncovered at a reduced temperature until thoroughly cooked and tender.

Remove steak from frying pan; add onions and seasonings and stir constantly until browned. Add tomato catsup, Worcestershire sauce, mushrooms and parsley. Cook gravy about three minutes, adding a small quantity of water; pour over steak and serve hot.

Chicken Barbecue Sauce

Onion, 5 pounds
Bell pepper, 2 pounds
Celery, 1 stalk
Cooking oil, 1 quart
Parsley
Salt to taste
Red pepper to taste
Worcestershire sauce, 2 tablespoons
Mustard, 1 small jar
Ground meat, 2 pounds
Oleomargarine, 1 pound
Lemons, 2

Chop onions, celery and bell pepper very fine. Cook with oleomargarine. When this cooks down, skim the top and use to baste the chickens during barbecuing.

In a separate container cook ground meat in cooking oil. When cooked, combine ground meat with the cooked bell peppers, celery and onions. Bring to a boil; add parsley, mustard, salt, pepper, Worcestershire sauce and sliced lemons. Let cook about 5 minutes and serve with the barbecued chicken. Serves 10 people.

Chaurice

(The Most Distinctive Creole Sausage)

Fresh pork, lean, 4 pounds
Fresh pork, fat, 2 pounds
Onions, large, finely minced, 2
Garlic, finely minced, 1 clove
Chili pepper, 1 teaspoon
Cayenne pepper, 1 teaspoon
Red pepper, 1 teaspoon
Salt, 3 teaspoons
Black pepper, 2 teaspoons
Thyme, well minced, 1 sprig
Parsley, well minced, 3 sprigs
Bay leaves, well minced, 2
Allspice, ½ teaspoon

Hash the fat and lean pork as fine as possible and mix together. Then season highly with salt, pepper, cayenne, chili and red pepper, onion, garlic herbs and allspice. Chaurice is seasoned very highly; this feature distinguishing it from all other sausages. Hash all ingredients and put into casings which have been washed and dried. Tie in lengths desired.

Fry in boiling shortening and serve for breakfast or use in jambalayas or to season vegetables in cooking.

HONEY RECIPES

(Louisiana produces a large quantity of Honey)

HONEY

Honey to most of us suggests only limited uses. We may think of it primarily as a spread for bread, hot biscuits, waffles and griddle cakes, and we overlook the fact that it may be included in actual cookery processes where it not only can form the sweetening, but where it's delicate flavor combined with other ingredients produces a different and delectable flavor, which is both interesting and satisfying.

Honey is a natural, wholesome sweet, and easily digested. Its use is highly recommended as an energy food.

If honey is kept in a warm, dry atmosphere of about 70°F. it has excellent keeping qualities for a long period of time. Honey has the property of absorbing moisture and, therefore, it should not be kept in a damp atmosphere. Moisture causes the honey to ferment.

A low temperature causes honey to granulate. This is not a condition of spoilage, and the smooth, clear texture of honey may be restored by placing the container upon a rack in a pan of warm water.

The easiest way to measure honey is with a moist or greased cup. In recipes requiring shortening measure the fat first and use the same cup to measure the honey.

Care must be used in cooking and baking with honey. Products containing honey scorch easily so use controlled temperatures for best result. If you have no oven regulator use a slow or moderate oven.

Cakes and cookies made of honey are best made in advance of time required for using, because with aging they become moist and more flavorful.

RECIPES USING HONEY

Honey Chocolate Syrup

½ cup cocoa	¼ teaspoon salt
½ cup honey	½ cup water

Cream cocoa and honey. Add salt and water. Cook over double boiler until thick. Use 1 to 2 tablespoons per glass of milk, according to taste.

Honey Chocolate Cake

¼ cup + 1 tablespoon shortening	2 teaspoons baking powder
½ cup honey	¼ teaspoon salt
1 egg	3 tablespoons cocoa
1 cup flour	¼ cup milk

Cream shortening. Add honey. Mix well and add beaten egg. Sift together all dry ingredients and add to creamed mixture alternately with milk. Bake at 365°F. for about 30 minutes. Serves 6 to 8; makes one small layer.

Plain Honey Cake

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|---------------------|----------------------------|
| ½ cup shortening | ½ cup milk (sweet or sour) |
| 1 cup honey | ¼ teaspoon salt |
| 1 egg | 1 teaspoon baking powder |
| ½ teaspoon cinnamon | ¼ teaspoon soda |
| ⅛ teaspoon ginger | 1 ½ cups flour |
| ¼ teaspoon nutmeg | |

Cream shortening. Add honey. Mix well and add beaten egg. Sift together all dry ingredients and add to creamed mixture alternately with milk. Bake at 365° F. for about 35 minutes. Serves 8 to 10; makes one large layer.

Boiled Honey Frosting

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| 1 ½ cups honey | 1 egg white |
| ⅛ teaspoon salt | ½ teaspoon vanilla |

Cook honey and salt to 245° F. or until spins thread or makes a firm ball when dropped into cold water. Beat egg white. Pour the syrup in a thin stream over beaten egg white. Continue beating until frosting stands in peaks. Add vanilla.

Ice Box Cookies

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| ½ cup honey | 2 ½ cups flour |
| ½ cup brown sugar | 1 teaspoon baking powder |
| 1 egg | ¼ teaspoon soda |
| ½ cup shortening | ½ teaspoon salt |

Cream shortening. Add honey and brown sugar. Add egg and mix well. Sift flour, baking powder, salt and soda. Add to creamed mixture and mix well. Shape in long roll and wrap in wax paper. Keep in refrigerator several hours at least. Cut into thin slices, and bake at 375° F. until brown. This dough will keep 6 to 8 days in the ice box.

Nut Honey Oatmeal Drop Cookies

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| 1 ½ cups honey | ¼ teaspoon salt |
| ¾ cup shortening | ¼ teaspoon soda |
| 1 egg, beaten | 2 ¼ teaspoons baking powder |
| 1 teaspoon cinnamon | ¾ cup nuts (raisins may be substituted) |
| 1 ½ cups oatmeal (uncooked) | |
| 2 ½ cups flour | 2 tablespoons hot water |

Cream honey and shortening. Add beaten egg. Sift flour, salt, soda, baking powder, and cinnamon into mixture. Add oatmeal, raisins, and water. Mix thoroughly. Drop by teaspoonfuls onto greased cookie sheet. Bake in moderate oven (375° F.) for 15 minutes.



LOUISIANA SWEET POTATOES

Research shows the sweet potato is an excellent energy food and has Vitamins A, B, and C, and minerals stored within. Since Vitamin A is associated with yellow coloring the varieties deeper in color contain more of this vitamin than the whiter ones. Sweet potatoes have an added advantage over breadstuffs as an energy food in that they are alkaline, or base-forming, upon digestion.

The sweet potato is mild in flavor and combines nicely with many other foods. A thoroughly cooked, other than fried, sweet potato is easily digested and, therefore, recommended for children.

RECIPES

We all know of the boiled and the baked sweet potato, but the recipes that follow will give ways of combining the potato with other ingredients to make more interesting dishes.

ORANGE CANDIED SWEET POTATOES

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| 1 cup orange juice | 1 cup sugar |
| ½ teaspoon grated orange rind | ¼ cup butter |
| 1 cup water | ½ teaspoon salt |
| 6 medium-sized potatoes | |

Peel and slice uncooked potatoes in one-fourth inch slices and arrange in a buttered baking dish. Make a syrup of the ingredients and pour over the potatoes. Cover and bake in a moderate oven until tender. Baste occasionally. Remove the lid the last ten minutes and allow to brown. If desired, a layer of marshmallows may be added and browned just before removing from the oven.

Glazed Sweet Potatoes

4 large potatoes	$\frac{1}{2}$ cup butter
1 cup brown sugar	$\frac{1}{4}$ cup hot water
Pinch of salt	

Boil potatoes until partially done, peel, and cut in quarters lengthwise. Place in a buttered baking dish. Make a syrup of the sugar, butter, water and salt, and pour over the potatoes. Bake in a moderate oven until the potatoes are brown, basting often with the syrup. If necessary add a small amount of boiling water. When ready to serve, sprinkle with chopped pecans.

Grilled Sweet Potatoes

Use baked or boiled sweet potatoes. Peel and cut in halves lengthwise. Dip in melted butter, sprinkle with salt and sugar. Place on broiler rack three inches below heat element. Cook 10 to 15 minutes or until brown and heated throughout. Serve with broiled ham, sausage, bacon, or chops. Potatoes may also be browned in a frying pan on top of stove.

Sweet Potato Croquettes

2 cups mashed sweet potatoes	2 tablespoons butter
1 egg yolk	Salt and paprika
1 teaspoon minced parsley	$\frac{1}{2}$ teaspoon onion juice
1 egg	bread crumbs

Combine potatoes with butter, egg yolk, seasonings, and flavorings. Form into croquettes, either round or cone-shaped. Dip into egg, then into bread crumbs and fry golden brown in deep hot fat. Drain and garnish with nuts.

Sweet Potato Souffle

2 cups cooked and mashed potatoes	2 eggs
1 cup hot milk	$\frac{1}{2}$ cup raisins
$\frac{1}{2}$ teaspoon salt	1 teaspoon nutmeg
2 teaspoons sugar	$\frac{1}{2}$ cup chopped walnuts
2 tablespoons butter	Marshmallows

Left-over or baked sweet potatoes may be used. Press through a vegetable press or ricer, or mash well. Scald the milk, and dis-

solve the sugar and salt in it; add the butter, stirring until melted. Add this mixture to the potatoes, and mix and beat until light and fluffy. Separate the eggs. Beat yolks, and add the potatoes; add the nutmeg, raisins and nuts. Beat whites stiff, cut and fold slightly into the potato, and pour into a buttered baking dish. Quickly arrange the marshmallows one-half inch apart on top with raisins in between the marshmallows. Bake in a moderate oven until the souffle is set and the marshmallows are roasted delicately. Serve at once.

Sweet Potato Pone (Ten Servings)

1 quart grated raw sweet potatoes	1 cup milk
1 egg	$\frac{1}{2}$ cup flour
$\frac{3}{4}$ cup cane syrup	$\frac{1}{2}$ teaspoon nutmeg
3 tablespoons butter, melted	1 teaspoon cinnamon
	$\frac{3}{4}$ teaspoon salt

Sift together the dry ingredients. Combine these with the remaining ingredients. Put the mixture in a baking dish and bake it in a slow oven about two and one-half hours, or until done, stirring occasionally during the first of the cooking. During the last thirty minutes discontinue the stirring and allow the pone to brown. Many people prefer to serve the dish cold with milk or cream. When cold it can be sliced. It is frequently served hot as a vegetable.

Smothered Ham with Sweet Potato

1 slice of smoked ham, cut into sizes for serving	1 tablespoon butter or ham drippings
3 cups raw, sliced sweet potatoes	1 cup hot water
	Sugar

Brown the ham slightly on both sides and arrange it to cover the bottom of a baking dish. Spread the sliced sweet potatoes over the ham. Sprinkle with sugar. Add the hot water and extra fat. Cover the dish and bake slowly until the ham is tender. Baste the potatoes occasionally with the gravy. Brown the top well.

Sweet Potato Fritters

4 boiled sweet potatoes	powdered sugar
1 cup milk	juice of lemon

Cut the boiled sweet potatoes into slender rounds and steep them for one-half hour in the milk. Make a thin sweetened batter. Just before removing potatoes from milk, add the juice of a lemon. Taking each slice at a time, dip it in the batter and let it drop from the spoon into the boiling lard. When fried to a golden

brown, place on a piece of brown paper, sprinkle with powdered sugar and serve hot.

Sweet Potato Waffles

To every two rounded tablespoons of mashed potatoes, add one level tablespoon of butter, one of sugar, one pint of milk and four level tablespoons of flour. Beat all well together and add one egg, well beaten. Bake in waffle iron and serve with butter.

Sweet Potato Tournado

Select potatoes about two inches in diameter. Cook them in boiling water until tender. Peel and cut in pieces two inches long. Around each piece wrap a thin slice of bacon and fasten with a toothpick. Place on a pan in a hot oven until the bacon is crisp. Serve with parsley garnish.

Sweet Potato Cake

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| 1 pint mashed sweet potatoes | 1 teaspoon nutmeg or cinnamon |
| $\frac{1}{2}$ cup butter | $1\frac{1}{2}$ cups flour |
| 2 eggs | 2 teaspoons baking powder |
| $\frac{3}{4}$ cup sugar | $\frac{1}{2}$ cup milk |
| Juice of $\frac{1}{2}$ lemon | 1 teaspoon salt |

Add the butter and beaten eggs to the potato while still hot; add the sugar, salt and nutmeg or cinnamon. Sift together the flour and baking powder and add to the potato alternately with the milk. Add the lemon juice, pour into a greased pan, and bake in a moderate oven.

Sweet Potato Custard Pie

(Makes one large pie)

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| 2 cups mashed potatoes | 2 tablespoons butter |
| 1 cup sweet milk | 1 teaspoon salt |
| 3 eggs | 6 tablespoons sugar |
| $\frac{1}{2}$ cup sugar | Nutmeg, if desired |

Beat the yolks of the eggs into the cooked mashed potato, add the melted butter, and then the other ingredients. Pour into a pie pan lined with the pastry given below; bake in a moderate oven until the pie is set. Make a stiff meringue of the egg whites and six tablespoons of sugar, spread over the top of the pie, and bake slowly until a delicate brown. One-fourth cup of cocoanut may be added to the filling.

PASTRY

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| $1\frac{1}{2}$ cups flour | About $\frac{1}{2}$ cup cold water |
| $\frac{1}{2}$ cup shortening | $\frac{1}{2}$ teaspoon salt |

Thoroughly mix the flour, shortening and salt. Add just enough of the water to hold the particles together. Toss on board and roll thin.



A TYPICAL FRENCH DINNER AS IT IS SERVED TODAY AT PITTARI'S, FAMED FOR FRENCH AND ITALIAN COOKING.



A CREOLE FAMILY AT THE FRENCH OPERA

Dining

We may live without poetry, music and art;
We may live without conscience, and live without heart;
We may live without friends; we may live without books;
But civilized man cannot live without cooks.
We may live without books — what is knowledge but grieving?
We may live without hope — what is hope but deceiving?
We may live without love — what is passion but pining?
But where is the man that can live without dining?

Owen Meredith